

FALL 2014 / WINTER 2015

THE WISE OWL GUIDE

Your Adult Resource!

FREE

**Hear the
Music Again!**

Arthritis of the Lower Back

What is Functional Medicine?

Are You Up to the Challenge?

LgMusa



THE HEART TO CARE. THE ART TO HEAL.

Bonner General Health Community Hospice Bonner General Home Health

Our Hospice and Home Health Services programs partner with your physician to bring you the skilled health care you need at home. We offer a wide range of services, including:

- Disease and pain management
- Skilled nursing
- Physical, occupational & speech therapy
- Assistance and management of medications
- Palliative care
- Plus many more services.

Our services are covered by Medicare, Medicaid, and most insurance providers. Call Bonner General Home Health Services at 208-265-1007 or Hospice at 208-265-1179 for more information on how we can help.

It's just another way Bonner General Health nurtures quality of life.



Our services let you remain at home where you are most comfortable.



BONNER
GENERAL
HEALTH

QUALITY COMPASSIONATE CARE



14 Functional Medicine

Preventive care at its best



16 Arthritis of the Lower Back

Symptoms and treatment



69 Are You Up for the Challenge?

Paradigm shift about Mom and Dad

Features

About the Cover.....	5
Prevention As We Know It.....	12
What is Functional Medicine?.....	14
Arthritis of the Lower Back.....	16
Kootenai Health Helps Seniors Live Independently..	18
S-T-R Is it a Stroke?.....	19
Hear the Music Again!.....	20
From the Heart.....	22
Peace of Mind.....	26
Preventive Care for Women.....	28
You Served-You Deserve:	
The Aid & Attendance Benefit	30
Overcoming Barriers to Independence.....	32
Rescue of A-4 Pilot off Chu Lai.....	34
We Salute Our Veterans.....	36
Helping Local Veterans in Need; a Primer.....	40
Residents' Rights	42
Changes in Your Healthcare Coverage.....	44
Crossword & Sudoku.....	46-47
With Fall Comes the Medicare	
Annual Enrollment Period.....	48
You Are In Control.....	50
Run It By Tamar.....	68
Are You Up for the Challenge?.....	69
How to Handle a Deer in Your Headlights.....	70

Activities and Events

Regional Events.....	6
Support Groups.....	7
Community & Senior Centers.....	9

Directory

Agencies, Free Referral Services & Volunteer Opportunities.....	52
Care Communities; Independent & Assisted Living, Adult Day Care	53
Counseling.....	55
Dental.....	57
Education & Entertainment.....	58
Financial, Asset Management & Home Modification	58
Fitness, Physical Therapy & Rehabilitation.....	59
Gifts & Shopping.....	59
Hearing.....	60
Hospice & Pre-Planning	60
Hospitals & Medical Care	62
In-Home Services.....	63
Insurance & Legal.....	64
Pharmacies, Medical Equipment, Safety & Supplies.....	64
Veterinary, Pets & Training	66



Recovery is within reach.

At Life Care Center of Sandpoint, we offer personalized care programs designed to turn your wellness goals into achievements.

- 24-hour Skilled Care
- Inpatient and Outpatient Rehabilitation
- On-Site Physician
- Respite Services
- Wound Management



208-265-9299

1125 N. Division St.
Sandpoint, ID 83864
LCCA.com



Cover Artwork:

"Bombocho" (22" x 30" Acrylic)
by Lori Moore

About the Artist

"BOMBOCHO" is the singing fisherman on the cover. Lori Moore, whose work is featured in this issue explains, "Bombocho is a good friend and would visit us after a month of fishing on the Sea of Cortez during the winter. We would see the fishing boats navigate into the Bay after a horrific storm. The fishermen would climb into little row boats to come ashore knowing that we would be happy to see them and share some beers. Bombocho would pick up my old guitar, take a gulp of *Pacifico*, throw his head back, close his eyes, and out came the most beautiful and captivating baritone voice. I always wanted to paint him, and so I did last year."

Lori Moore retired from Real Estate in December 2003. She and her husband, Graff, opened "Moosemamas, Art Retreats for Women" in 2004. Lori's eyes sparkle as she recalls, "Those were magical years, featuring Artists of the Northwest, and meeting women from all over the United States." Lori did all the cooking, scheduled daily



art workshops, and arranged for yoga and massages in the evening. Women came from as far as New York and Alaska. It was during this time that she knew her passion was to paint full time.

Lori is a self taught artist and



Coffee Cats
31" x 41" Acrylic

began painting in 2006. "I owe it all to PBS," says Lori, "I came home to have lunch one day, turned on the TV and began watching Terry Madden

painting with watercolors. I was so moved to tears, that I jumped up and ordered his 'as-seen-on-tv' booklet, bought a few paints, and my husband and I headed to Baja where I began to paint. I sold everything I painted that winter to friends and vacationing tourists who flew into Baja. It was My Beginnings!" Since that time, Lori took two workshops with Terry, flew to San Francisco to study with him and became a Certified Art Instructor.

Lori continues to expand her talents by attending various classes and seminars across the Northwest, studying from national and international artists, noting "I now

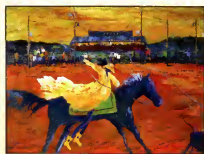
have found my own style and try and paint everyday." After friends and family begged her to show them how to paint, Lori started teaching in 2008 as "Fast'n Fun Watercolors" in Mexico and the U.S. "It's so much fun to see someone that has never



The Village - 36" x 48" Acrylic & Ink

painting before, start in, and before you know it, they have the passion as well. Recently, someone asked me what is my mission statement. It's very simple: Live, love and keep painting till the cows come home."

Lori Moore has an extensive body of work that she has exhibited locally at POAC art shows as well as nationally and abroad. In 2013, she began painting weekly with the



Blue Lady at the Rodeo
36" x 48" Acrylic & Ink

North Idaho Plein Air Painters in the Sandpoint area.

To purchase work or take fun and exciting workshops, contact Lori at flumecreek ranch@gmail.com - or call 208-263-6502. To see more of this artists work, check out her website at: artinsandpoint.org/Lori-Moore



The Buzz Stop - 36" x 48" Acrylic



Need Help with Insurance?

Benewah Medical Center Outreach & Enrollment Staff

Locations & Schedule:

11/20, 12/18, 1/22, 2/5, 2/19, 3/12

Wellness Center, Room A - 9 am to 6 pm

12/04 & 1/8 - St. Maries Library - 12 pm to 4 pm

12/11, 1/15 - Fernwood Library - 10 am to 3 pm

11/6, 1/29 - Tensed Library - 12 pm to 4 pm



Benewah Medical Center
208-686-1931

Get Covered & Stay Covered!

*Have questions about health insurance?
Do you need health insurance?*

The outreach and enrollment staff can answer your questions or assist you in enrollment.

We will be in different locations to help serve our community.



Heritage Health has workshops and in person assistance available for Idaho's Health Insurance Marketplace at YourHealthIdaho.org from November 15th, 2014 to February 15th, 2015. Visit www.myHeritageHealth.org or call 208-620-5220 for full schedule and details.

Kaniksu Health Services offers personal assistance with Idaho's Health Insurance Marketplace in the Bonners Ferry, Priest River & Sandpoint/Ponderay clinics. Please call 208-263-7101 with questions. We are here to help!

Medicare Classes - Absolutely FREE, Educational ONLY - No salesmen, Nothing to Sell, No Obligation! - VFW Hall in Osburn at 4th & Mullan at 1:00 pm.
Schedule:
November 3rd - Overview of Medicare - How the Pieces Fit Together (will be repeated as needed)
November 10th - Parts A & B, Who Pays for What?
November 17th - Advantage, Supplemental & Drug Plans
November 24th - Making it All Work for You - Medicare Rights, Filing an Appeal, Advance Beneficiary Notices, Protecting Yourself from Fraud, Advance Directives. For more information, call Linda Alldredge 208-682-2556

Community Events & Resources

Bonner General Health Blood Drive

Wednesday, Dec. 17th

from 10:30 am to

3:00 pm. Sign up online

at inbcsaveslives.org

using the promo code:

BonnerHospital, or

Call 800-423-0151.

Questions? Call Robin at

208-265-1123. Another opportunity will be on Friday, February 27th, 2015.



Boundary Community Restorium

Bonnors Ferry — Come Join Us! Schedule of Events:

November 11th, 1:00 pm Veterans Luncheon - all veterans welcome

December 13th, 1:00 pm Christmas Party Luncheon

January 31st, 4:00 pm Square Dancers

Geezer Forum

Meets every 2nd & 4th Tuesday from 2:30 - 4:00 pm at the Panhandle Bank, 414 Church St., Sandpoint. Informal meeting to explore issues of aging, speakers and open discussion. Sponsored by ElderAdvocates, hosted by Paul Graves. Everyone is welcome!

Calling All Hearing Aids!

Do you have an old pair of hearing aids sitting in a drawer? Please donate them. There are many people right here in our community that live on a fixed income and cannot afford hearing aids.

We at the Hearing Center believe in giving back. We work closely with the local Lions Clubs to fit hearing aids for people in need. We also belong to the Angel Network to help even more people hear. Make a change in someone's life by donating hearing aids today. Call Toll Free 1-844-Eargeek (844-327-4335), for more information.



55+ Single Friendship Group

Meets every Wednesday at 5:30 pm at JB's Restaurant, 704 W. Appleway, Coeur d'Alene. Linda 208-676-8456 and Ken 208-691-8060.

Support Groups

Have you thought of it this way? A support group is a form of free counseling. There are support groups for just about everything you may be wrestling with in life. Many do not require "signing up" or medical diagnoses, or anything more than a desire to come, learn, and get answers. There is no reason to suffer in silence. Everyone at a support group is there because they need answers and assistance, just like you!



All Caregiver Support Group

Meets 1st & 3rd Thursdays, 1:00 pm Sandpoint Senior Center, 820 Main St., Jan Griffiths, 208-290-1973, jan@looptravel.com. Free respite care available during group session with advance reservations: DayBreak Center, Liz De Wolfe 208-265-8127

Benewah County Hospice Support Group

For CAREGIVERS of those with dementia, Alzheimer's and any related disorder. Meets every 3rd Friday 2:30 - 4 pm at the federal building conference room, St. Maries. Facilitators: Robin Hodgson and Gail Wemhoff 208-245-5734, hospice@smgazette.com



*"I may be disabled, but
I can try to do anything"*

Multiple Sclerosis Advocate

Meeting Monthly

Call or email for more details:
beth@mswobbles.com
208-818-2150

Audiology Research Associates



Diagnostic & Screening Audiology Hearing Aid Repairs & Fittings

Our goal is solving your hearing problems with a properly fitted hearing aid.

We are the experts in digital hearing aids, and offer a 30-day trial program.

Reasonable pricing and hearing aids of most types and styles.

3-year warranties and 3-year free batteries with purchase of new digital hearing aids.

Nicole M. Wham, M.S., CCC-A • Certified Audiologist

Sandpoint • (208) 255-4389 • 123 S. Third Ave.

Coeur d'Alene • (208) 765-4961
Interlake Medical • 700 Ironwood Dr., Suite 220

Bonner Community Hospice

"Supporting Each Other Through Grief"

Free to Bonner & Boundary County residents. Meets 1st & 3rd Thursdays 6-7:30 pm in the Page House behind the hospital, Sandpoint. 208-265-1185

Diabetes Support & Education Group

Meetings serve to strengthen your diabetes knowledge so you can feel great and prevent complications. Held the 1st Monday of each month from 10-11:00 am in the Brown House, next to Bonner General Health.

Bonnerr Ferry Women's Cancer Education and Support Group

Open to all adults. Your loved one does NOT need to have been under hospice care. Meets every 4th Monday at 12:00 noon, Panhandle Health District Bldg., 7402 Caribou, 208-267-3751





HOSPICE
OF NORTH IDAHO

www.honi.org

Choose comfort.

Choose expertise.

Choose the community's *only*
local, non-profit hospice.

Hospice of North Idaho
9493 N Government Way
Hayden, ID 83835
208.772.7994

Hospice of N. Idaho - General Grief Group

Meets 1st & 3rd. Thursdays, 5:30 - 6:30 pm at 9493 N. Government Way, Hayden 208-772-7994

Kathy's Korner - Support Group for Adult Daughters of Seniors

Focusing on the challenges encountered by the adult children of seniors. Meets the 1st Tuesday of each month at 6:00 pm, Clay Larkin Conference Center, RSVP to Renee Hix at 208-777-3553

Priest River Diabetes

Meets every 3rd Monday at 7:00 pm, Priest River Senior Center 208-448-2899/448-1770

National Alliance on Mental Illness,

Sandpoint: Meets every 3rd Wednesday 6-8:00 pm, Bonner General Hospital Classroom, 208-597-2047

Bonnars Ferry: Meets every 4th Monday 6-8:00 pm, Panhandle Health District Bldg. 208-267-5638

Suicide Survivors Group

This group is for families and friends trying to understand and cope. Meets 2nd and 4th Wednesdays each month at 205 E. Cameron Ave., Kellogg. Call 208-556-0500 for more information.

Relatives as Parents Program

Meets every 2nd Thursday at 12:00 noon, Jewett House, 1501 E. Lakeshore Dr., Coeur d'Alene. Glenda Weaver 208-769-7096 or Margo Peebles 208-667-0320

Alzheimer's Association®

Inland Northwest Chapter

We are a private, donor-funded nonprofit organization dedicated to fighting Alzheimer's Disease through

**Education | Family Support
Research | Advocacy**

National Website: www.alz.org

Chapter Office:
Deaconess Education Center
910 W. 5th Avenue, Suite 256
Spokane, WA 99204
(509) 473-3390

North Idaho Office:
(208) 666-2996

24/7 Free Helpline:
(800) 272-3900

Alzheimer's Association Support Groups

Support Groups for Alzheimer's & Dementia are held throughout the entire North Idaho region! They are facilitated by professionals and volunteers. Contact 208-666-2996 to find one near you.

Telephone Caregiver Support Group

Can't make it to a local support group? Here is your solution! Call the 1st Monday of each month from 1:00 - 2:30 pm to participate in a group session by phone. For more details please contact the 24/7 Helpline at 800-272-3900 or visit our website at www.alz.org

ALZConnected (www.alzconnected.org), powered by the Alzheimer's Association, is a new online social networking community for people with Alzheimer's, their caregivers and others affected by the disease.

Telephone Support Group for People with Dementia.

Talk with others also living in the early stage of Alzheimer's or other dementia. It will help put your experiences into perspective and provide assistance with coping strategies to maximize independence & well-being; and making decisions about the future. Thursdays from 10-11:30 am PST - Call 800-272-3900 for more info.

Veterans Support Groups are noted in Veterans Pages beginning on page 36 of this edition.



Adult Day Care is an Option! Need a break just to go to your own appointment or shopping? Bennett House in Coeur d'Alene, DayBreak Center in Sandpoint & The Community Restorium in Bonners Ferry are a few of the dedicated locations. Some care communities offer day care as well. They are all fully capable of entertaining and caring for your loved one.



"Adult Day Care and Family Support"

DayBreak Center

Adult Day Care for those with Alzheimer's & other types of Dementia



- Personalized Activities
- Lunch and Snacks
- Caregiver Resources

**Providing a much needed break
and support for caregivers**

820 Main Street • Sandpoint

Call to make arrangements:

208-265-8127

www.daybreakhouse.org



**Providing Assisted Living
and Adult Daycare**

A safe and caring place - come see for yourself!

208-267-2453



**One
FREE DAY
on us!**

Approved by the VA and Medicaid

1095 E. Timber Lane, Coeur d'Alene

208-651-9060

www.BennettHouse.org



Community & Active Senior Centers

Don't miss out on the fun! Come have a delicious meal, enjoy a wide range of activities, special events, excursions, or just play cards. Many centers are available to rent for special events as well.

Athol Community Center

30355 N. 3rd St., 208-683-2101

Bayview Community Center

20298 E. Perimeter Rd., 208-683-8040

Benewah Community / Senior Center

11640 Benewah Creek Rd., St. Maries, 208-245-0269

Benewah Senior Meals Site

711 W. Jefferson, St. Maries, 208-245-3456

Blanchard Community/Senior Center

685 Russo Rd., 208-437-1037

Bonnors Ferry Senior Hospitality Center

6635 Lincoln, 208-267-5553 & 267-5554

The Center (Clark Fork / Hope)

10th & Cedar, Clark Fork, 208-266-1653



DENTURES

Denture Repairs and Relines
Complete and Partial Dentures



Call for
appointment

Marshall A. Arbo, D.D.S.

208-267-5187

Work Done by Dr. Arbo, General Dentist

Fernwood Senior Center

208-245-3392

Kellogg Senior Center

211 McKinley, 208-783-4581

Lake City Center

1916 Lakewood Dr., Coeur d'Alene,
208-667-4628

Newport Senior Hospitality Center

218 S. Washington St.,
509-447-2119

Plummer Senior Center

208-686-1863

Post Falls Senior Center

1215 E 3rd Avenue
208-773-9582

Priest River - Frank Chapin Senior Center

"Home of the Happy Agers"
339 Jackson Street
208-448-2352

Rathdrum Senior Center

8037 Montana Street
208-687-2028

Sagle Senior Center

560 Monarch Road
208-265-2627

Sandpoint Senior Center

820 Main Street
208-263-6860

Silver Valley Community Resource/Senior Center

120 W Cameron Avenue, Kellogg
208-784-8891

Spirit Lake Community/Senior Center

32564 4th Avenue
208-623-6125

Wallace Senior Drop-in Center

621 Cedar Street Call Denise at
208-744-1106

Worley Senior Center

9936 West E Street, In City Hall
Leave a message 208-686-1258



**ResCare
HomeCare**

Respect and Care at Home

*...Your Agency
of Choice*

HELPING SENIORS MAINTAIN THEIR INDEPENDENCE

Providing In-Home Care Services:

- Personal Care & Bathing
- Housekeeping & Laundry
- Meal Preparation
- Transportation
- Services for Children
- Respite Care



Payment Options Include: Long-Term Care &
Private Insurance, Workers' Comp, Private Pay,
Medicaid and Area Agency on Aging

Serving all of North Idaho 208-665-5579

www.ResCareHomeCare.com



Office: 208-263-5654

Email: info@thewiseguideonline.com

www.TheWiseGuideOnline.com



Jonnie Bradley
Editor
The Wise Guide



Donna Brosh
Designer
The Wise Guide

Copyright ©2014/2015, All Rights Reserved.

Although every precaution has been taken in the publication of this guide, the publisher and authors assume no responsibility for errors or omissions. This guide is not intended to be legal or medical advice or to endorse any product or service. It is meant to serve as an information resource guide and not as a substitute for professional assistance. The Wise Guide, LLC is not responsible for the contents of any websites referenced within this directory, nor does it endorse any specific products or services referenced. No part of this directory may be reproduced or transmitted in any form or by any means, electronic or mechanical, including photocopying, recording, or by an information storage and retrieval system without the express written permission of the publisher, The Wise Guide, LLC.

**FEEL
GOOD
ABOUT
SHOPPING!**



BIZARRE BAZAAR
UPSCALE RESALE SHOP

Your Donations = Great Deals in Our Shop



= Grants & Scholarships to the Community!



502 Church Street, Sandpoint • 206-263-3400 • calsandpoint.org
donations greatly appreciated – pick-up available for furniture

Boundary County Community Restorium

Assisted Living w/24 Hour Care

Our Mission Statement: Through thick and thin, we work together, supporting, caring and loving each other in this amazing place called "The Restorium."



- Cozy Fireplace Setting
- Inviting Spa
- Sunroom
- Exercise & Game Room
- Medication Assistance
- Rides to Appointments
- Varied Events & Activities

All Inclusive Rates*
Single \$2625/month
Double \$3936.45/month
*excludes medications, cable
& personal phone



Veterans Welcome!

Medicaid Accepted

**Join us for coffee by the fireplace and
help plan the spring garden!**

208-267-2453

www.boundarycountyid.org/restorium.htm
6619 Kaniksu, Bonners Ferry, ID



Prevention As We Know It



By Jessica Martin
Executive Director,
Community
Cancer Services

Don't smoke. Don't drink. Eat Healthy and Exercise. Check the house for asbestos. These are the keys to not getting cancer, right?

Unfortunately cancer does not follow the rules! People who have never smoked in their lives get lung cancer and those who smoke 2 packs a day don't always get it. I would love to put cancer in a box and make it adhere to the laws of prevention but unfortunately that will never happen. So what do we do? How can we affect our personal outcome when it comes to our likelihood of getting cancer?

Let's start with what we know. According to the Cancer Data Registry of Idaho, smoking causes at least 30% of all cancer deaths. So not smoking gives us that much of an edge over a smoker. Check out this website for help to quit: <https://www.quitnow.net/idaho/>

A "quit coach" can be provided

TAKE CARE OF YOUR BODY. IT'S THE ONLY PLACE YOU HAVE TO LIVE IN

to help keep you accountable!

Radon is the other factor attributed to lung cancer. Does anyone even know what radon is, or how to test for it? Radon is a natural radioactive gas that you can't see, smell or taste. Breathing too much can cause lung cancer, especially if you smoke. About 1 out of every 15 homes in the United States has dangerously high levels of radon in the air, measured in "picocuries per liter of air," or "pCi/L." There are

many low-cost "do-it-yourself" radon test kits available through the mail, in some hardware stores or other retail outlets. If you are buying or selling a home, you can find a qualified tester by contacting the state radon office. They provide a list of professionals who do the testing for you. For links and information, visit www.epa.gov/radon/radontest.html.

An apple a day keeps the doctor away right? Well apparently it can keep the cancer at bay as well. Obesity, nutrition and physical activity play a huge roll in prevention. One in three cancer deaths is due to factors relating to poor nutrition, lack of physical activity and obesity. Unfortunately, 68% of Adults and 32% of children in America are overweight, according to the Center for Disease Control; double the rate from just 20 years ago! So think about making healthy changes in your lifestyle today! Increase your intake of greens



1215 Michigan St., Suite B, Sandpoint
208-255-2301
 Like us on Facebook
www.CommunityCancerServices.org

*A safe, caring environment
providing resources tailored
to cancer patients and their
families in Bonner &
Boundary counties at...*



and grab a friend for a walk 3-4 times a week! Also start early teaching your children and grand-children the importance of eating right and exercising.

Pale is the new tan! Skin cancer is the most prevalent type of cancer in the U.S., mostly caused by UV rays put off by the sun and by tanning beds. Being out in the sun because you have or want to can be unavoidable, especially for those of us in the Northwest that get less than 4 months of that "golden goodness" all year, but tanning is another story. Using tanning booths before the age of 35 increases the risk of getting Melanoma by 60%, according to the American Cancer Society. So be cautious of the amount of sun you are getting and remember that pale is better than skin cancer!

Screening increases the chances of detecting certain cancers early, when they are most likely to be curable.

Last on my list, is screening. Screening increases the chances of detecting certain cancers early, when they are most likely to be curable. Did you know that there are more than 6 different screenings offered to detect cancer? For breast cancer, yearly mammograms are recommended starting at age 40. Beginning at age 50, men and women can be tested for colorectal cancer and polyps every 5-10 years with a colonoscopy or flexible sigmoidoscopy. Testing for cervical cancer after the age of 21 is done with regular pap smears. Ask your doctor about the screening that would be right for you in this season of life because it could SAVE YOUR LIFE!

Community Cancer Services is happy to provide this information as well as financial and emotional support to those whose lives have been affected by cancer. Call or stop by our office for more information.

Jessica Martin has been the Executive Director with Community Cancer Services since March 2013. She previously was an employee of Coldwater Creek where she was introduced to the organization and fell in love with the cause. She believes that we are here to serve others and does so by committing her time and effort to supporting local cancer patients and their families during their cancer journey.



PAIN MANAGEMENT

OF NORTH IDAHO PLLC

Coeur d'Alene's Only Comprehensive Pain Management Center.

Our patients have access to two fellowship-trained interventional pain physicians and a multidisciplinary team.



Scott Magnuson, M.D.



Jessica Jameson, M.D.

SOME OF THE CONDITIONS WE TREAT:

- Arthritis
- Botox for Migraines
- Cancer-related Pain
- Neck and Back Pain
- Compression Fractures
- Peripheral Neuropathy
- Spinal Stenosis

208-765-4807

1686 W. Riverstone Drive
Coeur d'Alene, Idaho
website: www.cdapain.com

What is Functional Medicine?



by Volney Willett, M.D.
Woodlands Family
Medicine



The 21st century has seen the explosion of longevity with more people living into their 80s and 90s than ever before. The 21st century has also brought about an explosion of chronic diseases burdening many adults and children threatening to shorten lives and worsen quality. Preventative care has become a list of screening tests, vaccinations, and generic recommendations. Although these may be necessary components to prevention of illness it doesn't tackle the increasing burden of chronic disease.

The conventional wisdom of medicine leans heavily on drugs and surgery to tackle chronic diseases. It is not unusual for a diabetic with heart disease to be on over 10 medications. Each medication is prescribed to treat a different disease, and then more

medications are added to treat the side effects of the original medications. Throw in a few vitamins and dinner is served. A wise instructor once told me, "If by the end of my career I stopped more medications than I started, I was a successful doctor." Today's conventional medical practitioners don't have the time or the knowledge to implement a comprehensive strategy to truly heal the mind, body, and spirit of the person suffering with multiple chronic diseases or prevent them from occurring in the first place.

We need an approach away from the "one pill for every ill," pharmaceutical-heavy treatment scheme. Functional medicine is such an approach. According to the Institute of Functional Medicine, "Functional medicine is an evolution in the practice of medicine that

better addresses the healthcare needs of the 21st century. By shifting the traditional disease-centered focus of medical practice to a more patient-centered approach, functional medicine addresses the whole person, not just an isolated set of symptoms." Clinicians who use this approach engage in a therapeutic partnership with their patients. They practice individualized, patient-centered, science-based care integrating both the art and the leading edge science to treat the whole person. The functional medicine practitioner doesn't narrow down a person to a list of diseases, but uses this list as a beginning to ask why. Why does this person have this disease at this time?

Asking "why" questions broaden the search for causes and then answers. Of course asking why also complicates matters. A pill will not answer why someone has diabetes. Knee surgery will not answer why someone has arthritis. Functional medicine clinicians dive into how genetics, environment, and psychosocial conditions can disrupt health. They assess how the seven systems (Communication, Structural Integrity, Assimilation, Defense & Repair, Energy Regulation, Biotransformation & Elimination, and Transport) play into the health



WOODLANDS
FAMILY MEDICINE

30544 Highway 200, Suite 101 • Ponderay, Idaho • 208-263-6300
woodlandsfamilymed.com

Comprehensive Medical Services:

- In-Clinic Surgeries
- Chronic Disease Management
- Urgent - Immediate Care
- General & Proactive Healthcare
- Women's Health
- Pediatric Care

of an individual. It is a complicated process, but the functional medicine matrix, provided by the Institutes of Functional Medicine, organizes the thinking process. Proper organization allows the clinician to order the appropriate tests, initiate treatment, and track progress back to good health.

Functional medicine addresses the whole person, not just an isolated set of symptoms.

Functional medicine prescriptions are often different from the traditional medical prescription. The most commonly prescribed treatment is a lifestyle change. This isn't some generic out of the box diet and exercise program, but a program tailored to the individual's needs, based on genetics, environment, and situation. Also, treatment may include drugs, botanical medicines, nutritional supplements, therapeutic diets, or detoxification programs.

This approach requires the clinician and the patient to spend more time together than the standard office visit. Due to this reason alone it may not be practical for every patient or clinician. For those willing to put in the time and energy needed to attain good health, there is a different path to wellness. As stated by the Institutes of Functional Medicine, "Functional Medicine offers a paradigm shift in clinical practice, encompassing the uniqueness of each person, the importance of the therapeutic partnership, and the role of environment and lifestyle in the development and treatment of disease, thus producing a more effective response to clients' chronic conditions."

To your health!

Volney Willett, M.D. is a board-certified family physician who completed his residency at Columbus Regional Medical Center in Columbus, Georgia and earned his medical degree from American University of the Caribbean School of Medicine in St. Maarten, Netherland Antilles. In 2012 he accepted a position at Woodlands Family Medicine to join Joan Bloom at her office in Ponderay.



The Kalispel Tribe welcomes
everyone
to the Camas Center Clinic



ACCEPTING NEW PATIENTS FOR ALL YOUR HEALTH AND DENTAL NEEDS.

- Primary Care & Women's Health
- Comprehensive Dental Services
- Clinical Massage Therapy Service
- Chiropractic Services
- Physical Therapy—Land & Aquatic
- We accept most public and commercial insurances

**CAMAS
CENTER**
FOR COMMUNITY WELLNESS

APPOINTMENTS: 509-447-7111

WWW.KALISPELTRIBE.COM/CAMAS-CENTER-CLINIC • 1821 N LECLERC RD, STE #1 • CUSICK, WA 99119

Getting to the Camas Center: It's only a 30 minute drive North from Newport to the Wellness Center, but you can also take the Rural Resources' wheelchair accessible vehicles for only \$1 (one dollar) recommended donation round trip! From Newport, 6 departures & return trips run every Monday through Thursday except holidays. Call 800-776-9026 for more information.



Arthritis of the Lower Back



by Dr. Jessica Jameson,
Pain Management of
North Idaho



What is osteoarthritis?

Osteoarthritis, or degenerative joint disease, is a condition in which the cartilage that provides cushioning for the bones wears away. As a result, there is swelling and pain, and it can occasionally cause the development of osteophytes or bone spurs.

What are the symptoms of osteoarthritis?

Osteoarthritis is characterized primarily by stiffness and pain that tends to be worse in the morning, typically for about the first 30 minutes after getting out of bed. It can also worsen throughout the day, causing increased pain at night.

Other symptoms can include:

- localized tenderness when pressing on the affected area
- steady or intermittent pain (often described as aching) that can be aggravated by motion
- a crunching feeling or sound of bone rubbing on bone when the joint is moved
- a sensation of pinching, tingling, or numbness in a nerve which can occur when bones spurs form at the edge of the joints of the spine and irritate nerves.

Early on in the course of arthritis a person may only experience pain after physical work or exercise. The pain typically subsides and then returns as the joint is overused. As the cartilage wears away the pain becomes more constant. Pain and stiffness can occur after long periods of inactivity such as a car ride.

Who gets osteoarthritis of the spine?

In general, osteoarthritis occurs as people age. Younger people may have the condition as a result of injury or trauma to a joint or a genetic defect involving cartilage. For those under 45 years of age arthritis is more common in men. For those over 45 years of age it is more common in women.

How is osteoarthritis of the spine diagnosed?

The best confirmation of osteoarthritis is by x-ray. A medical history and physical exam can often rule out other causes of pain. Some physicians will order

other tests that can assist in the diagnosis as well such as blood tests to exclude other diseases and magnetic resonance imaging to show possible damage to discs or narrowing of areas where nerves exit. Because there are numerous other conditions that seem similar to osteoarthritis of the spine, it is very important to receive an accurate clinical diagnosis from a physician who specializes in spinal medicine or spinal surgery.

How is osteoarthritis of the spine treated?

In most cases the treatment is geared toward relieving the pain symptoms while increasing the individual's ability to function. The initial treatment for spinal arthritis often involves losing weight if needed as well as exercise, which helps to increase flexibility and

improve blood flow. Exercise can be broken down into strengthening exercises, aerobic exercises, and range of motion exercises. Strengthening exercises make the muscles that support the joints stronger. Aerobic exercises improve the heart and circulatory system while range of motion exercises increase flexibility. All three of these aspects are equally important in treating arthritic pain. Your physician may send you to a physical therapist who can help develop an exercise plan. Pain medications may also be used to treat osteoarthritis of the spine.

Many studies suggest that Tylenol may be the most effective medication to treat this condition. Anti-inflammatory medications may be used as well, and there are topical ointments that are available to treat pain such as Ben-Gay and Aspercreme. If conservative measures are not enough, your physician may recommend that you consider spinal injections. There are multiple kinds of spinal injections that can be extremely helpful for osteoarthritis of the spine. Some injections involve corticosteroids and some do not.

Although there is no cure for arthritis of the spine, in most cases symptoms of arthritis back pain can be relieved by conservative treatment and lifestyle changes. If symptoms persist contact your physician for a complete evaluation.

Dr. Jameson received her medical degree from Michigan State University and completed her internship at David Grant USAF Medical Center, Travis Air Force Base, California. After spending four years as a United States Air Force Flight Surgeon, Dr. Jameson completed her residency in Anesthesia at University of Iowa College of Medicine, Iowa City. She continued her education with a Harvard fellowship in Pain Medicine at Beth Israel Deaconess Medical Center, Boston, MA and became board certified in both anesthesiology and pain management by the American Board of Anesthesiology.



*Come see why
Sandpoint Assisted Living
is unique.*

- Medicaid welcome
- Diverse age range & social activities
- No up-front deposits (pets \$200)
- We embrace our residents as family

**Call Janel at 208-265-2354
or drop by for a tour!**



Sandpoint Assisted Living Facility

**We are proud to be a 100% employee-owned
and operated assisted living community**

**624 S. Division • Sandpoint • 208-265-2354
www.sandpointassistedliving.com**



Kootenai Health Helps Seniors Live Independently



By Peggy Fairfield, LSW
Kootenai Health



My friend, Barb, lives 500 miles away from her mother and enjoys a yearly trip to spend Christmas with her. Barb has always marveled at her mother's energy, good health and independent lifestyle. However calling to plan the trip this year Barb's mother did not answer her phone.

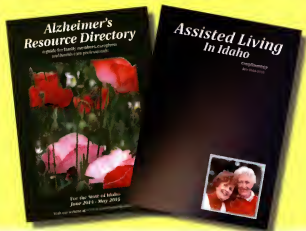
"Why isn't Mom answering the phone at 9 a.m.? What could have happened?" she thought.

Barb called three neighbors before she could find one to go check on her mother. Apparently her mother had fallen, sprained her ankle and was unable to get to the phone. Barb was thankful that she was able to contact a neighbor to check up on her mother, but she started thinking about how long her mother could have gone without help. Who could be there when she needed assistance?

You can't always be there for an aging parent or loved one who lives alone. However, you can help increase their confidence to live independently – with Philips Lifeline. The Lifeline Medical Alert service provides fast access to help 24 hours a day, 365 days a year. Lifeline is a simple, waterproof device worn as a pendant or wristband that allows you to summon help with the push of a button from within your home. By pressing the small waterproof personal help button, you are quickly connected to a trained Lifeline response associate who accesses your profile and dispatches appropriate assistance. Getting help quickly in an emergency can reduce unnecessary suffering, and early intervention in the case of a heart attack, stroke, or respiratory distress improves the outlook for survival and recovery.

Kootenai Health has offered the Lifeline Service to residents of Kootenai and Boundary Counties for over 30 years and is the only non-profit provider in northern Idaho. We chose Philips Lifeline because they are the industry-leading provider of personal

FREE Publications



Assisted Living in Idaho
Alzheimer's Resource Directory
for Idaho

Just call - 800 584-9916

during normal business hours

or view/download from our Website

retirementpublishing.com > Idaho Publications



emergency services. All equipment is made in the United States and all monitoring is done in the United States. Kootenai Health is dedicated to serving our community by providing seniors with immediate access to emergency help when needed.

I was able to help Barb get lifeline for her mother and gain peace of mind for herself. Do you have a loved one in need of access to emergency help? I can help you too. Please give me a call: Peggy Fairfield, Kootenai Health Lifeline 208-625-5020.

Peggy Fairfield, obtained her Master of Social Work degree from University of Montana in 1978. She has been with Kootenai Health for 27 years, working on the acute care floors 5 years and running the Lifeline outreach program for 16 years serving Boundary and Kootenai counties. Peggy has been a member of the Kootenai County Board of Community Guardians since 1989, Chair since 1998. She is a Charter Member of CareNet, a networking organization of professionals providing services to seniors and their families.

STR - Is it a Stroke?

Most of what you read about recognizing the symptoms of a stroke fails to mention the fact that while the individual experiencing the symptoms may know "something is wrong," they are rarely able to communicate that to those around them! Someone having a stroke most likely cannot say, "I think I'm having a stroke!" It's up to others to take action and quite often, especially for anyone who has not witnessed or experienced someone having a stroke, the symptoms are difficult to identify and can be very subtle.

Unfortunately, lack of awareness spells disaster; the stroke victim may suffer severe brain damage when people nearby fail to recognize the symptoms of a stroke. Doctors say a bystander can recognize a stroke by asking three simple questions:

S - Ask the individual to SMILE.

T - Ask the person to TALK and SPEAK A SIMPLE SENTENCE like "Chicken Soup"

R - Ask him or her to RAISE BOTH ARMS.

If he or she has trouble with ANY ONE of these tasks, call an emergency number immediately and describe the symptoms to the dispatcher.

Another 'sign' of a stroke is this: STICK YOUR TONGUE OUT! Ask the person to 'stick' out his or her tongue. If the tongue is 'crooked,' if it goes to one side or the other, that may also be an indication of a stroke.

There is a 3-hour window in which a person can be treated with a clot-breaking injection which can save their life and save them from suffering life-long debilitation. It is imperative we all know what to look for and take immediate action. Isn't it better to be wrong than for that person to suffer the rest of their life (if they live) struggling to speak, unable to move their limbs?

Caring Physician's Medical Clinic

Donald A. Baker, M.D. ~ Board Certified Family Practice

8827 N. Government Way, Suite 2, Hayden, ID 83835



208-762-5577

Fax 208-762-5520



Taking Care of Your Family's Wellbeing With An Expert in Skin Biopsy and Preventative Care



Hear the Music Again!



by Lori
McDonald,
AAS, HIS
Hearing Center
of Hayden &
Hearing Center
of Deer Park

I'm often asked what I do for a living, but recently was asked *why* I do it. My answer was easy. Because it's incredibly rewarding! Fitting someone with hearing aids can restore their social connection and dramatically improve communication with friends or family members. Hearing loss is one of the most common health issues in the world and nearly one in five Americans suffer from some form of hearing loss.

Could you have a hearing loss?

For most people hearing loss is gradual. It happens over many years causing people to withdraw socially and become isolated because hearing conversation

becomes such a struggle. It can be embarrassing asking people to repeat themselves or sometimes even worse, to respond incorrectly just because you misunderstood the words. It causes mental fatigue and the brain to over work trying to piece together what you think people might have said.

- Do you ask people to repeat themselves?
- Have troubles understanding conversation in a group or noisy place?
- Turn the TV to a level others find too loud?
- Have difficulty following a fast moving conversation?
- Have trouble hearing women's or children's voices?
- Do you struggle hearing on the phone?

If you answered "Yes!" to two or more of these questions, I recommend a full hearing evaluation today. Don't put it off! Studies prove the longer people go with hearing loss the more likely

they are to experience symptoms of cognitive decline. A recently published Johns Hopkins study, found seniors with hearing loss had a 41% greater cognitive diminishment, with an increased risk of developing dementia and Alzheimer's than seniors with no hearing loss. To put it simply, "use it or lose it." Your brain can actually forget how to process certain sounds. That's the bad news.

Hearing aids have come a long way baby!

Now for the good news and here is where I get excited. Much like flat screened TV's, high tech devices and smartphones, hearing aids are like little mini computers. With super-fast processing speeds and precision features these tiny bad boys are constantly processing the sound environment and adjusting accordingly. Driving in the car, going to a movie, dining in a crowded restaurant, sitting in a meeting or church are all different listening situations and today's smart technology can automatically



adjust for each noise environment while enhancing speech clarity, reducing background noise, and eliminating feedback with no more whistling, buzzing or squealing. These are definitely not your father's hearing aids!

How much do hearing aids cost?

First ask what your hearing is worth to you. Hearing aids are designed to be worn all day, every day with comfort, listening quality, durability and longevity in mind. There is a wide range of prices but typically you'll pay less for big and basic than you will for little and loaded. The price will range between \$1500-\$8000 for a set and come with 1-4 year warranties covering repairs, loss and damage. Ultimately it's based on your hearing loss, your lifestyle and budget.

Hearing aids are not a one-time fit; they need to be adjusted uniquely for you. Everyone's hearing loss is different, everyone's listening environments are different and most importantly, everyone perceives sound differently. They are highly sophisticated medical devices that need to be fitted by an educated and trained professional who will provide follow up visits, adjustments, repairs and counseling over the typical 5-10 years of the life of the hearing aid.

Personally, I like to see my patients at least twice a year for free cleanings and adjustments. Some insurance plans will offer benefits towards hearing aids and there are many financing options available.

With hearing aids you can communicate more easily, become less reliant on others, enjoy music and TV again, engage with friends and family, feel more confident, aware, and safe.

Go to a trained professional, get a complete audiometric evaluation, get informed, get hearing aids and start hearing better today!

Lori McDonald is a degreed Hearing Instrument Specialist. Licensed in Idaho, Washington & Oregon, she stays current with the newest technology by continually participating in advanced educational training every year. She is a member of the OMWB (Washington State Office of Minority and Women's Business Enterprises), the Washington Hearing Society and the International Hearing Society. She owns Hearing Center of Hayden and Hearing Center of Deer Park.



Do you hear but not understand?

Do people seem to mumble, especially in noise?

Do you have difficulty understanding the television?

**Special
Financing
available with
easy payments
starting at only
\$70 a month***

The Hearing Center is pleased to announce a major breakthrough in hearing technology, designed to make listening easy and enjoyable again!

**Contact our appointment
desk today!**

**Toll Free 1-844-Eargeek (327-4335)
Eargeek.com**

Hearing Center of Hayden

8920 Hess Street, Hayden, ID • 208-762-8900

Or

Hearing Center of Deer Park

23 E. Crawford, Deer Park, WA • 509-276-8859

*Subject to credit approval. See clinic for details.



From the Heart



by Stephanie
Godinez, RN,
Administrator,
Crest Home
Health &
Hospice



At Crest Home Health and Hospice, our mission is to deliver compassionate health care services to all those entrusted in our care. Our vision is to provide Simply, The Best care in our community and to ensure every person receives the right care every time.

Crest Home Health has provided care to residents in Kootenai County since 1994. We were extremely thankful for an amazing opportunity to extend our services to include Hospice when Crest Home Health and Hospice, LLC, managed by Rocky Mountain Care, was formed in 2012 as a wholly owned subsidiary of Vali Division of Wasatch, Inc., a 501(c)(3) non-profit

corporation. This expansion of services allows us to provide comprehensive care to meet the needs of our clients as those needs change over time.

Through leadership and trust, we function as a cohesive team dedicated to cost effective, high quality outcomes for our patients. Home Health and Hospice are covered by Medicare (100%), Medicaid, Health Insurance, Private Pay, Grants and Private Donations. Co-payment may apply according to your plan.

In health care, it is vital to go that one step beyond and truly listen to our patients to promote choice regarding their home health and hospice needs.



CREST HOME HEALTH & HOSPICE SIMPLY, THE BEST CARE



What if I Need...

- Home Health Care
- Hospice
- Answers to My Health Care Questions

Crest Home Health & Hospice has provided care in North Idaho since 1994. We are a 501 (c)(3) non-profit agency managed by Rocky Mountain Care.

208-765-4343



Skilled Home Health Services

Our Home Health specialized programs focus on the needs of your loved ones to regain as much independence as possible and live life to its fullest after a change in condition for improved recovery and independence as ordered by a physician. It is our commitment to provide consistent, compassionate and individualized care every time. We were deeply honored to be named "2013 Business Journal Home Health of the Year."

Home Health provides services in the patient's home, family residence or assisted living facility. Services may include: Skilled Nursing for wound care, IV therapy, Medication management and teaching, Physical, Occupational and Speech therapies, Diabetic care, Home Health Aide services, Medical Social Worker to assist with community resources, financial, emotional support for patients and families.

Therapy treatment programs focus on Stroke Rehabilitation, Joint Replacement, Cardiopulmonary Rehabilitation, Fall Prevention and Home Safety education, Incontinence retraining, Lymphedema Management, Vital Stim® for difficulty swallowing and therapeutic modalities that include ultrasound, electrical stimulation for wound care, pain



management and neuromuscular re-education.

Hospice Services

We assist individuals, families, and/or caregivers to achieve the best quality of life during a life-limiting illness with palliative care directed toward comfort, pain, and symptom management. A life-limiting illness may be metastatic cancer, advanced Alzheimer's Disease, congestive heart failure, ischemic heart disease, chronic obstructive pulmonary disorder (COPD), neurologic disease (stroke, MS, ALS, Parkinson's), renal failure, liver disease, AIDS/HIV.

Hospice care is provided in patients' homes, skilled nursing facilities, hospitals, assisted living and residential care communities

or wherever the patient calls home. Hospice services provide respite and short-term in-patient care, medical equipment, medications, assistance with legal documents, community resources and education required to manage symptoms and Physical, Occupational and Speech therapies as needed to enhance quality of life and volunteers to provide companionship and support.

Our team of health care professionals and trained volunteers focus on physical, emotional, spiritual and bereavement needs of our patients and families. Our team's commitment, personalized care, compassion, 24 hour physician and nursing availability for symptom management has awarded Crest

Home Health & Hospice the "Pinnacle Best In Class Patient Satisfaction" in 2014.

Contact us if you would be interested in becoming a volunteer.

Charitable Care

Our Rocky Mountain Care Foundation (RMCF) mission is to "facilitate health care services and improve the quality of life for our underserved individuals." RMCF is non-profit 501(c)(3) charitable organization and is NOT limited to Crest Home Health & Hospice patients. You may visit our website for donation and application information for this charitable care initiative at:

www.cresthomecarehospice.com.

Stephanie Godinez, RN Administrator, has been with Crest Home Health & Hospice nearly 10 years and in nursing for 20. She is a speaker for the Alzheimer's Association and on the fundraising committee for OnSite for Seniors. "What Motivates Me? My love for my beautiful family, our amazing Crest Family and the compassion to help and lead others to be their best; to inspire, motivate and create an environment of love, trust and positive leadership in providing the absolute best care to our patients and community."

Giving Back to the Community



As members of our community, Crest Home Health & Hospice volunteers through numerous local fundraisers including but not limited to:

- CareNet Rake and Run
- Boys & Girls Club
- Relay for Life
- Walk to End Alzheimer's
- ALS Bucket Challenge
- Race for the Cure



Benewah Medical

Changing lives through com



Benewah Medical & Wellness Center is a Community Health Center providing comprehensive health care and prevention to

EVERYONE. For over 24 years the Benewah Medical & Wellness Center has been open to the public providing quality health care and prevention services.

We provide the following services:

- Medical
- Dental
- Pharmacy / Medication Management
- Lab
- Radiology
- Counseling Services
- Physical Therapy

Community Health Services:

- Diabetes Prevention & Care
- Tobacco Cessation
- Maternal / Child Health
- WIC
- Nutrition
- Foot / Nail Care
- Community Health Nurses
- Transportation



Benewah Medical Center
208-686-1931

Get Covered & Stay Covered!

*Have questions about health insurance?
Do you need health insurance?*

The outreach and enrollment staff can answer your questions or assist you in enrollment.

We will be in different locations to help serve our community.



& Wellness Center

prehensive health & wellness



- Aquatics
- Fitness
- Full Size Gym
- Volleyball Courts
- Basketball Courts
- Raquetball Court

- Youth Programs
- Youth Sports
- Cardio Equipment
- Free Weights
- Aerobics Room
- Walking & Jogging Track

WELCOME TO
BENEWAH
MEDICAL
CENTER

www.bmcwc.com

*Benewah Medical & Wellness Center is located in
Plummer, Idaho on the scenic Coeur d'Alene Reservation.*

Contact Information:

Benewah Medical Center 208.686.1931
Benewah Wellness Center 208.686.9355
Cd'A Tribe Physical Therapy 208.686.7041

Monthly Membership Options*:

<u>Membership</u>	<u>Monthly Fee</u>
Single (18 & Older)	\$40.00
Couples	\$50.00
Family	\$60.00
Senior	\$28.00
Senior Couples	\$35.00
Senior Gold Card (75+)	\$5.00
Day Pass	Adult \$6 / Child \$3 / Senior \$3

* Group Rates Available

Peace of Mind

A healthcare marketplace overview, provided by the Benewah Medical & Wellness Center

Everybody wants to make good decisions about their own health care. Reduce stress, eat right, exercise, and see your doctor regularly. Sure, it sounds easy, but when you can't afford health care, there's nothing easy about it. We all want health, harmony and peace of mind, especially when it comes to our families. Don't let worries about health insurance get in the way! Thankfully, there are new insurance options that offer no- and low-cost coverage. Under the new health care law, more Americans can get better coverage from a variety of providers.

This year all private health insurance plans offered through the marketplace must offer the same set of essential health benefits.

The essential health benefits include at least the following items and services:

- Ambulatory patient services (out patient care at a hospital)
- Emergency services
- Hospitalization (such as surgery)
- Pregnancy, maternity, and newborn care
- Mental health and substance abuse disorder services including behavioral health
- Prescription drugs
- Rehabilitative and habilitative services and devices
- Laboratory services
- Preventive and wellness services and chronic disease management
- Pediatric services

Why is health coverage important? No one plans to get sick or hurt, but most people need medical care at some point. Health insurance covers these costs and offers many other important benefits. Health insurance protects you from unexpected, high cost medical services. You actually pay less for covered in-network health care even before you meet your deductible. You can get free preventive care like vaccines, screenings, and check-ups, even before your deductible. If you have a marketplace plan or other qualifying coverage you don't have to pay the fee that many people without coverage must pay.

Staying Covered for 2015

If you bought a private health insurance plan through the marketplace in 2014, you can renew your current plan or enroll in a different plan for 2015.

You can do this between November 15, 2014 and February 15, 2015.

If you live in Idaho, Nevada or Oregon, your process for 2015 enrollment has changed from last year. Learn about these changes by accessing your states marketplace website.

Before November 15, 2014, you'll get important notices about your health coverage. These notices help you understand your choices for 2015 so it's important to review them carefully.





BROOKDALE
— SENIOR LIVING SOLUTIONS —
ALL THE PLACES LIFE CAN GO™



EMERITUS
— Senior Living —

Our Family is Committed to Yours.®

Emeritus Senior Living offers a wide range of services including independent and assisted living. If you are looking for a new place to call home without the hassles of daily living, we are committed to helping you and your family find the right fit.

Call today to schedule a tour & learn more about the many benefits we have to offer!



208-667-6490

205 E. Anton, Cd'A, ID 83815

www.emeritus.com



If you have 2014 marketplace coverage, one of the following will apply to you:

- The marketplace will enroll you automatically in your 2014 plan or a similar plan. This means you don't have to do anything and your 2015 coverage will start on January 1, 2015. If you are enrolled automatically, one of the following will apply:

- You'll be enrolled with the same premium tax credit and other savings you had in 2014. This can be done because you gave permission to check and use the financial information from your 2014 application.
- You'll be enrolled without any premium tax credit or other savings. This may be because you chose not to give your permission to use your information again, or because records show your income has increased.

- The marketplace can't enroll you automatically for 2015. If this applies to you, the marketplace will send you a notice explaining what to do next. You'll need to take action to enroll in a plan by December 15, 2014 for your coverage to start January 1, 2015.

You can always pick a different plan for 2015. This is true even if you are enrolled in a plan automatically. You can choose any plan available to you in 2015, no matter what kind of plan you had in 2014.

It's time to sign up now before someone you love really needs it. You may be eligible for tax credits to help pay for health insurance; this makes it affordable when you need health care services. Sign ups start November 15, 2014 and run through February 15, 2015.

Contact the Benewah Medical Center Outreach and Enrollment team at 208-686-1931 for more information or come to one of our scheduled events. (See page 6 of this edition).



Pond O'reille
surgery center, llc.



providing

High quality, cost effective

outpatient surgical care close to home. We treat you like we would our own family.

30544 Hwy 200, Suite 201, Ponderay, Idaho 83852 | 208.265.8194 | www.poscllc.com

Outpatient surgery at Pond O'Reille Surgery Center provides high quality cost-effective outpatient surgical care in a warm, family-oriented atmosphere. Our focus is on you and your comfort. We perform procedures that do not require an overnight stay: upper GI endoscopy colonoscopy, podiatry, orthopedic, hernia, gall bladder, biopsies, to name a few.

Our multi-specialty surgical facility and team of highly skilled nurses and certified surgical technologists work collaboratively with our board certified physicians to provide you with individualized care for your surgical procedure. Ask your doctor to schedule your procedure at our clean, caring and comfortable center, conveniently close to home.



Wise Guide | www.TheWiseGuideOnline.com

Preventive Care for Women



by Cynthia Dalsing
& Tabitha Barron,
Advanced Nurse
Practitioners,
Women's Health
Care, Sandpoint

Preventive medicine is a type of care that focuses on disease prevention, rather than treatment. Many common diseases are preventable, and those that are not are managed much more successfully when discovered in early stages. These include breast, colon and cervical cancers. The purpose of this article is to educate women of different age groups, including 40s, 50s, and 60s, on important health screenings.

Age 40-50: Healthy women in their 40s should receive an annual breast and pelvic exam, coupled with a pap smear every 3-5 years. A pap also includes testing for Human Papilloma Virus, the virus associated with cervical cancer. The presence or absence of this virus helps determine the frequency needed for pap smears. It is important to note the difference between a pelvic exam and a pap smear specimen; a pelvic exam evaluates the internal pelvic organs, including the vagina, uterus & ovaries, while a pap smear evaluates the cervix only. Women in



their 40s should also receive a mammogram every 1-2 years. Guidelines vary on the recommended frequency for a mammogram, recommending either yearly or every other year; the exact frequency should be discussed with your provider. Women with a strong family history of breast cancer may consider more frequent screenings, while women without risk factors may be more comfortable obtaining mammography screenings every 2 years. Self breast exams are also a helpful tool to assist with the early detection of breast changes or cancer. Self breast exams should be done monthly, either while lying down or in the shower. There is no exact science on how to perform a SBE, the goal is simply to become familiar with your own breast tissue, and be aware if any changes do occur.

Age 50-60: Women in their 50s should expect



**Cynthia Dalsing, MSN, ARNP
Tabitha Barron, MSN, ARNP**
Advanced Nurse-Practitioners

Women's Health Care

- ☞ Annual Exams & Pap Smears
- ☞ Well Woman Gynecology
- ☞ Birth Control Services
- ☞ Menopause Management

1215 Michigan Street, Suite C • Sandpoint, Idaho

208-263-1299

Most insurance plans accepted





a hemocult test at each annual visit. This is a test done by your provider, and includes a gentle collection of a small amount of stool. The purpose of this is to evaluate for any microscopic blood in the stool which is not visual to the naked eye. A positive hemocult is a red flag for colon cancer. A colonoscopy is a more in depth screening tool that is recommended every 10 years for women beginning at age 50. This procedure is conducted under anesthesia and is not painful. Women of this age group should also continue pap smear and mammography screenings as described above.


Age 60 and above: Women in their 60s should have all of the screening tests as listed above. Paps can generally be done every 3-5 years, stopping at age 65 for low risk women. However, an annual pelvic

exam is still necessary. Mammograms should be obtained every 1-2 years, and hemocults annually. Colonoscopies should be obtained every 10 years until age 75.

It is important to note that the above screenings are designed for healthy women with no risk factors. Those women with a family history of certain illnesses, such as breast or colon cancer, should discuss appropriate screenings with their provider to determine frequency of screenings, as well as other options.

While preventive medicine can greatly reduce your risk of various illnesses, it is important to remember the significance of YOUR role in your healthcare. Lifestyle factors, such as adequate exercise, sufficient sleep, healthy diet, appropriate body weight, and smoking cessation greatly minimize your risk of developing an otherwise preventable illness. Taking an active role in your overall health and incorporating recommended health screenings, can greatly reduce your risk of chronic or preventable illness, or help detect them at an early stage.

Cynthia Dalsing & Tabitha Barron are Certified Nurse Practitioners practicing in a Women's Health Primary Care setting. Cynthia received her Master's degree in Nursing from the University of Utah in 1981 and has practiced in Sandpoint, Idaho since 1995. Tabitha received her Master's degree from Arizona State University in 2011 and recently relocated to Sandpoint from Arizona. They provide personalized, comprehensive care to women of all ages, and enjoy educating and empowering patients about their health care needs.



Sandpoint
208-255-1640
Outreach Director
208-512-0814

Skilled Nursing & CNAs
Physical, Occupational &
Speech Therapies, MSW
Serving North Idaho



You Served – You Deserve: The Aid & Attendance Benefit

By Paul Krames
VetAssist Regional Manager

We Idahoans are getting older – that's not news. But you may be surprised to learn that we're Idaho's fastest growing age group. By 2030, we'll comprise 23 percent of the state's population! And, a surprising number who are 65 or older – nearly one in four – are veterans. And in Spokane.

Now, here's the real surprise: There's a benefit from the Department of Veterans Affairs for wartime veterans or their surviving spouses, that's been available for over 60 years. It's known as the Aid & Attendance pension. It can provide as much as \$1,758 a month to a single veteran who needs home care.

This benefit is for veterans with an honorable discharge who have served at least 90 days on active duty – with at least one day of service during a period of war – or their surviving spouses. To qualify for Aid & Attendance, which pays for personal care and attendant home services, the disabilities must not be service related. There are also financial limitations



associated with the pension. Very few veterans are aware of its existence, or how to go about applying. It's estimated that less than five percent of veterans who qualify for the benefit are actually receiving it.

For older wartime veterans or their spouses used to living independently, the idea of asking for help may seem distasteful. But when everyday activities like bathing, dressing, meal preparation or getting in and out of bed become more difficult, it's probably time to consider getting help. And the Aid &

...it really helps to consult with someone who has experience with the process, like VetAssist.

Attendance benefit can make it possible. It can also make the difference between continuing to live in your home, and having to move to a care community.

Aid & Attendance is specifically designed to help with medical expenses – like home care – that aren't reimbursed by any other program. Filing for the benefit can be complicated and VA approval can take months; it really helps to consult with someone who has experience with the process, like VetAssist.

VetAssist®

WE CHANGE LIVES.

Get the home care you need, with ***no out-of-pocket cost*** to you.

We have 11 years experience helping wartime veterans and spouses receive VA benefits to pay for home care

Call Us Today to Learn More About Our VetAssist® Program

Now with an office in Sandpoint, ID
Call Paul Krames at
208-891-6821 or 888-908-6797
www.VeteransHomeCare.com



VetAssist is the only place you'll find the VetAssist® Program; we've helped more than 8,000 disabled men and women successfully apply for the pension. VetAssist also works on clients' behalf whenever the VA requires additional documentation, and monitor care to assure clients' home care needs are met.

Susan Berendes of Deer Park, WA is the daughter of Richard, a World War II and Korean War veteran. Richard is a VetAssist® Program client who at first was hesitant to take advantage of the VA benefit he had earned through his military service.

"He's very prideful and used to being independent but he's learning to ask his caregivers to do different things. Dad doesn't seem sad; he enjoys having people in the house moving around. He's acting more perky, less down and less depressed."

To learn more about qualifying for the Aid & Attendance benefit and receiving home care, contact VetAssist at www.vetassistusa.com or call 208-891-6821. VetAssist is not a government agency and is not affiliated with the Department of Veterans Affairs.

Paul Krames received his B.S. degree from The College of Environmental Science and Forestry at Syracuse, N.Y. and Master's degree from Baruch College, New York City. His professional careers include teaching, the fitness industry, financial services professional, social work and VetAssist Regional Field Representative. Paul has served as Education Chairman for the Greater Sandpoint Chamber of Commerce and speaks regularly to community organizations about the Aid & Attendance Benefit.



Achieving one of the most prestigious awards in post-acute and long-term care, Ivy Court & Whispering Pines at Ivy Court are proud recipients of the 2014 Silver Achievement in Quality Award from the American Health Care Association (AHCA) and the National Centers for Assisted Living (NCAL). This award recognizes our achievement in demonstrating enhanced customer satisfaction and well-being, as well as high quality care and clinical outcomes.

We understand that finding a center that meets your personal needs is extremely important and feeling comfortable and safe in a healing environment is the best way to recover. At our center we believe in helping people live better by providing quality care with dignity and respect while enhancing the lives of each individual.

- ▲ Short-Term Care
- ▲ Traditional/Long-Term Care
- ▲ Post-Operative Care
- ▲ Respiratory Services
- ▲ Infusion Therapies
- ▲ Comprehensive Wound Care Therapies
- ▲ Palliative Care Services
- ▲ Renal Disease Services
- ▲ Cancer Recovery Services
- ▲ Comprehensive Rehabilitation Program

Recognized by US News & World Report magazine as one of the nation's best nursing homes for 2014.

Ivy Court

220 Ironwood Place, Coeur d'Alene // 208.667-6486
www.ivycourtskillednursing.com



VA Contracted Facility for Both Long-Term and Short-Term Care Needs



Overcoming Barriers to Independence



by Heather Alexander,
Director of Marketing &
Fund Development, Goodwill
Industries of the Inland
Northwest

In November, we celebrate Veterans Day, honoring the men and women who have sacrificed for our country, and those who continue to stand in the gap for freedom. Many veterans, of all ages and all branches of service, face hurdles when they return to civilian life.

According to the U.S. Department of Housing and Urban Development, approximately 57,849 veterans are homeless in the U.S. on any given night. More than 50% of those homeless veterans are under the age of 50. The National Coalition for Homeless Veterans

estimates that about 1.4 million other veterans are considered at risk of homelessness due to poverty, lack of support networks, and dismal living conditions in substandard housing.

In our lovely corner of the United States, close to 2000 veterans are homeless in Spokane and neighboring communities. With a passion to tackle this issue, Goodwill Industries of the Inland Northwest formed a partnership with Volunteers of America and Transitions, and with the help of Congresswoman Cathy McMorris Rogers, Healthcare for Homeless Veterans and Spokane County Vets, pursued a \$1.3 million grant from the U.S. Department of Veterans Affairs for Supportive Service for Veterans Families (SSVF). The program launched in Spokane in November 2013.

Goodwill's SSVF program helps veterans set goals, connect to resources in the community, and establish themselves in stable housing. SSVF has served more than 280 local veterans since its launch last November.

In early 2014, Goodwill's SSVF staff began expanding their reach into more rural communities surrounding Spokane, including Kootenai County. Outreach teams fan out into the community, developing relationships through local shelters and community gathering places. They are also visiting homeless camps to develop relationships and seek those individuals whom the SSVF program can help. Some of them are leery to trust strangers. Others have had bad experiences. Others are humbled to admit that they are a veteran who is now homeless. "You have no idea how demoralizing it was to tell people that I was a veteran, and then have to reveal that I was homeless," relates Dale, a veteran of the Gulf War.

This summer, Goodwill was awarded a renewal of their \$1.3 million grant, and was also awarded a three-year \$2.9 million "Priority One" grant to serve 165 veterans who are chronically homeless in Spokane. Funding for both began in October. The Spokane region has been identified as a "Priority One" community for veterans due to the size of the veteran population, the number of veterans who are homeless, and other factors.

The SSVF program has served veterans in a variety of circumstances. Louise Snare is legally blind, and was living in a crumbling and unimproved basement,

Goodwill®
taught me

I can
provide
stability for
my family

Goodwill®
industries of the Inland Northwest
discovergoodwill.org

SSVF
SUPPORTIVE SERVICES
VETERAN FAMILIES





until we helped her gather the deposit she needed to move into a safe apartment community. Chuck Elmore saved up his money and moved his family of 5 and their 2 dogs across country to be closer to family and access better medical services, but a series of events and car-troubles along the journey left them almost penniless when they finally arrived in Spokane. When the Elmore family found Goodwill's SSVF program, they were joyed to reassure their children, "Everything is going to be ok. We are going to be just fine." And they are. The family is now settled in a home, the kids are in school, and Mom is working.

The need in our veteran community is great. Helping these men and women establish safe and secure housing is a natural extension of Goodwill's mission to help men and women in our communities overcome barriers to independence. If you would like to know more about the SSVF program, please call 509-838-4246.



**Your North Idaho
Recumbent Dealer**

**Home of the comfortable, affordable,
reliable and fun way to bicycle!**

Gary Dagastine

Call or email for appointment
gary@nwrecumbentcycles.com

208-818-5491

Disabled? No problem? There's a bicycle for you!

Heather Alexander is the Director of Marketing and Fund Development for Goodwill Industries of the Inland Northwest. She joined the team at Goodwill in January 2013. She has been working in the field of marketing and public relations for non-profit and governmental organizations for the past 18 years.



C.D.A. Caring Hands
(Caring Dependable Advocates)

Where Advocacy, Caring
& Dependable Service Go
Hand-in-Hand...

*Because everyone
needs a caring hand...*

SPECIAL RATES FOR VETERANS

Serving North Idaho

208-209-2393

www.cdacaringhands.com



Kaniksu Health Services

...providing its communities with affordable and accessible healthcare.

KHS - Bonners Ferry Clinic

6615 Comanche Street
Bonners Ferry
Medical/Behavioral: 208-267-1718
Dental: 208-267-3201

KHS - Sandpoint Clinic

30410 Hwy. 200
Ponderay
Medical/Behavioral: 208-263-7101
Dental: 208-255-3459
Veterans Clinic: 208-263-0450

KHS - Priest River Clinic

6509 Hwy. 2 Suite 101
Priest River
Medical/Behavioral:
208-448-2321

*Sliding fee for non-insured &
we take Medicaid, Medicare
and all insurances.*

- Primary Health Care for Children and Adults
- Preventative Health Care & Education
- Women's Health
- STD Screening
- Sports Physicals
- Vaccinations
- X-rays
- Mindfulness-Based Stress-Reduction Classes
- Prescription Assistance
- Community-Based Outreach Clinic for Veterans
- Saturday Clinic-Concussion Testing & Walk-in Appts Available
- Medicaid Pediatric Dental & Adult Dental Emergencies



**Veterans Clinic
in Sandpoint**



Rescue of A-4 Pilot off Chu Lai



by Bill Collier,
USMCR

January 15th, 1966. It seemed like it was going to be just another routine night of search and rescue (SAR) boredom. SAR H-34 helicopter crews were rarely called out to perform in the midst of a tropical storm. 40 knot winds blew off the South China Sea, boiling the sea, driving twenty foot swells onto the beach. A low ceiling and solid overcast of clouds hung a few hundred feet above the sea. How many bombing missions could there be on this stormy night, anyway? Don't bombers have to see the ground in order to drop their bombs? We expected a quiet night.

Just prior to midnight the control tower called ordering us to start up and stand by. An A-4 Skyhawk

fighter-bomber pilot was in trouble and might need our help. We immediately ran out to our two H-34 helicopters, cranked up the powerful engines, checked out our systems, warmed up our radios and dialed up the Chu Lai control tower frequency for further instructions.

The conversation between the tower and the A-4 pilot gave us the whole picture. The A-4 had just taken off with a full load of bombs on a radar-controlled bombing mission. Upon trying to retract his landing gear, it would not retract. He could not proceed on his mission; the aircraft would not accelerate to normal flying speed nor be able to land.

The tower first called the executive officer of the A-4 squadron up to talk to the A-4 pilot, then the commanding officer of the squadron. Those two were puzzled by the problem, so they called the squadron maintenance officer and ultimately the technical representative from the Douglas Aircraft Corp was called.

The aircraft stranded in the air was flying perfectly with at least another hour's worth of fuel on board. No need for anyone to panic. The pilot repeatedly kept saying, "I really don't want to have to jump out of this thing!" (Eject.) Finally, he flew a low pass by the tower and everyone observed that the main landing struts were badly bent and could neither be retracted or extended. There nothing that anybody on the ground could do or suggest that would alter that fact. It was too risky for him to try to belly land with the landing gear partly down in the strong cross winds, he would have to eject.

Flying at a speed well in excess of 100 knots it would be difficult for him to eject with any certainty that he would come down onto the base. Beyond the base perimeter was what we called "Indian Country." No one wanted to be outside the friendly lines at night. In addition, there was a minefield surrounding the base. We all considered ejecting over land to be certain death.

In preparation, the pilot flew several miles out to sea, and dropped his racks of 250 pound bombs into the South China Sea eliminating racks full of high-explosive bombs to worry about. He homed in on the TACAN signal, made a U turn, headed out to sea once again and timed about one minute to put him a couple of miles to the east over the ocean.

We coordinated a rescue plan with the A4 pilot by radio and flew out to wait and watch. We spotted the flash of his ejection seat through the overcast and positioned ourselves so our rotors would not be a threat to his

NOW IN PRINT!

The true, spellbinding account of

Sandpoint resident Bill Collier's experiences piloting a Marine Corps H-34 helicopter in combat during the Vietnam War.

"THE JOURNAL OF AN HONEST, DOWN-TO-EARTH AND COURAGEOUS AMERICAN IN SOME OF THE MOST DIFFICULT CIRCUMSTANCES IN THIS NATION'S HISTORY."

-Ben Stein, former speechwriter for President Richard Nixon



AVAILABLE AT LOCAL BOOKSTORES
ONLINE AT AMAZON.COM OR
KEOKEEBOOKS.COM



parachute as he floated down through the dark clouds and splashed into the churning dark waters beneath. This was going to be a difficult pickup. A hovering pick up is a challenging maneuver at any time, but to do it over a boiling sea at night, is near impossible.

He splashed down about a mile from the beach. Tim, the pilot in command, flew confidently and hovered right over the pilot with all of our hover and flood lights turned on. There was never any doubt in either of our minds that we would rescue this pilot. The crew chief in the belly of the helicopter had rolled out 100 feet of cable from the hoist and attached the horse collar to the end. All we had to do was reel it down to the pilot, wait for him to slide into it and reel him up like a big fish. "Piece o' cake." During the day, with calm seas and good visibility, it would have been a cinch. This was not daytime nor good visibility. We had the turbulence of gusty winds of the tropical storm to deal with and our potential passenger was bobbing around on the waves like a beach ball in a fan factory.

Tim made several tries to get the horse collar to the reluctant ejectee and failed. Each time the collar was almost within reach the wind whipped it away. Sometimes wave tops collapsed under the pilot, and he slid down a wave, away from the collar. We had to be successful soon or the A4 pilot would drown from exhaustion.

My job was to monitor the instruments and make sure that all the machine's limitations were respected. Tim was pushing those limits. The operating manual for our helicopter said the limit on the nine cylinder Wright Cyclone engine was five minutes at full power. We were fairly heavy as we had a crew of five and full fuel. It took nearly full power just for us to hover in that situation. After more than 10 minutes, Tim pulled back and flew a quick circle around the pilot and then back down for another hover at full power stating, "The book says full power for only five minutes, it does not say you cannot go right back to full power after rolling back to cruise power for a short while!" Several more tries of getting the horse

collar to the pilot failed.

At one point while we hovered over the sea, a bit of motion caught my eye to my left. I looked up in time to see a huge roller coming right at us at eye level. In his serious intention to rescue the A-4 pilot, Tim had inadvertently followed the slope down the face of a big wave to a position way down in a deep trough between huge waves. I reacted quickly and lifted up the collective lever to raise us above that wave, it kissed the bottoms of our tires as it passed beneath us. It would have slapped us out of the sky like a gnat hit by a fly swatter. Fully dressed in flight gear and boots, we would not have survived a violent crash into the turbulent sea.

We hovered back over to the bobbing, bouncing pilot. After several more attempts, Tim was finally able to get the horse collar to him. Nearly exhausted, he was able to grab it and slide into it. The crew chief hoisted him up into the chopper to safety. We returned the exhausted and soaked but unharmed pilot to his unit at Chu Lai. I give credit to Tim O'Toole's extraordinary piloting skills that we completed this mission.

We didn't receive any medals for this rescue as it was all in a day's work. Sikorsky Aircraft Company awarded Tim and I each a Sikorsky "Winged S" pin for using one of their aircraft to save a life on this hoist rescue mission. One of the best sayings that evolved from our time in Vietnam was, "The best medal is a live man's smile."

Captain Bill Collier not only survived the Vietnam War, but continued to fly helicopters commercially for another 29 years. His last pilot gig was senior pilot for the Orange County Fire Department in Southern California. Bill was a captain three times in his flying career; Captain USMCR, Air America, OCFD. In 2008 he retired to Sandpoint, ID. He recently had opportunity to rescue an ancient H-34 from the scrapyard, and blogs about it at: <http://dawgdriverforever.blogspot.com/>

SERVING THOSE WHO SERVED OUR COUNTRY

VETERAN READY



North Idaho College

**www.nic.edu/veterans
(208) 769-3281**



Wise Guide | www.TheWiseGuideOnline.com



We Salute Our Veterans...



Let's Go Fishin'! The Coeur d'Alene Anglers Association's "Thank a Vet" program takes veterans fishing year 'round! The veteran is matched with a volunteer who has the right type of boat to accommodate the veterans needs (wheelchair, a service dog, etc.) and they fish together for Pike, Bass, Kokanee or Chinook in Lake Coeur d'Alene. To find out more email: bgalland2@gmail.com or call Norm 509-315-8867 or Mack 509-991-3217 of Project Healing Waters and they will help you go fishing!

Say What?

Local Hearing: The Hearing Center offers free hearing test, hearing aid cleaning and adjusting to veterans regardless where you got your hearing aids. Betty had this to say, "My husband got his hearing aids at the VA in Spokane but it's such a long way to drive just for a cleaning, we now go to the Hearing Center for free cleanings and the staff is so warm and friendly." Call today in Hayden 208-762-8900 or Deer Park 509-276-8859 Toll Free 1-844-Eargeek (844-327-4335).



National Hearing: Hearing Benefits Mutual, the Veterans of Foreign Wars, and Veteran's Care Plus, a

This page brought to you by:



With respect, dignity, pride, integrity and compassion, we honor Veterans.

veterans advocacy group, have created an exclusive hearing care program offering discounted hearing aids and free services to veterans and their families who do not have access to hearing care through the Veterans Administration. Veterans receive free professional hearing exams and save up to 60% off leading brand hearing aids. Veterans and family members can schedule by calling 888-802-3141 to speak with a Benefits Coordinator who will assist you in setting up your free appointment.

www.hearingbenefitsmutual.com

Dental Insurance! The VA has partnered with Delta Dental and MetLife to allow eligible Veterans, plus family members receiving care under the Civilian Health and Medical Program (CHAMP VA), to purchase affordable dental insurance. Learn more at www.deltadentalvadip.org or contact your VSO for more information!

Newby-ginnings of North Idaho, Inc. is a

non-profit organization that provides support to veterans, active military and Gold Star families. We have a facility full of clothes, furniture, housewares and other essentials items that have been donated by the community and offered, at absolutely no charge, to those who have served and sacrificed for our country. There are no income eligibility requirements or proof of need necessary. Please contact us: Newby-ginnings of North Idaho, Inc., 1380 Biztown Loop, Hayden, ID 83835, 208-660-4601. Visit and Like our Facebook page!



This page brought to you by:



Real Possibilities

"Heroes never die. They live in our hearts forever. Thank you for your service and sacrifice."



Warrior Songs



A Healing Retreat
for Veterans with PTSD
November 19-23, 2014 Immaculate
Heart Retreat Center, Spokane
Offering a 4-day healing retreat for
men & women of all ages, all conflicts,

with PTSD/MST symptoms impeding a healthy
lifestyle. Held in a quiet, peaceful and nutritious rural
atmosphere. No hoops or required documentation
and no need for creative experience or skill - just a
serious desire for healing. Not a religious or political
program. For more info: Paula Griffin 518-878-8579,
paula@warriorsongs.org,
www.WarriorSongsSpokane.org

NIC Combat Veterans Group

War Zone Veterans of any era are welcome.
Meetings are held 1100 - 1300, Thursdays at North
Idaho College, Edminster Student Union Bldg.,
Lower Level, Room 004. For more information:

Doug Sams, Student Veterans Advisor
djsams@nic.edu 208-666-8027
Curley L. Lawson, MSW, USAF(Ret.),
Clinical Social Worker, Spokane Vet Center
509-893-4742

Veterans' Caregivers Support Group

For CAREGIVERS of veterans with dementia,
Alzheimer's & any related disorder.
Held the 1st Thursday of each month from
2:00 - 3:30 pm at the American Legion Post 143,
1138 E. Poleline Ave., Post Falls

The Veterans Support Group will help caregivers
deal with the issues of caring for someone with any
form of dementia and veterans may have unique issues
that the caregiver will need to deal with such as PTSD
or other related medical conditions associated with
military service. Resources on benefits, community
and other resources and speakers will also be provided.

Contact: Connie Clark 208-769-9560,
Mary Thomas 208-964-9357,
Alzheimer's Association: 208-666-2996





We Salute Our Veterans...

VA MEDICAL CENTER (VA HOSPITAL)

800-325-7940

4815 N. Assembly St., Spokane, WA

TRANSPORTATION TO SPOKANE VA

Veterans needing transportation to appointments at the VA Hospital in Spokane, call 509-434-7019 72 hours in advance to get on the manifest. Must be ambulatory. If not, they will make other arrangements for you.

Routes and Schedules:

Noxon Van: Mondays, Wednesdays and Fridays
Noxon, Bull River Junction, Clark Fork, Hope, Sandpoint, LaCleda, Priest River, Newport, Diamond Lake, Chattaroy, Spokane VA.

Libby Van: Tuesdays and Thursdays
Libby, Bonners Ferry, Sandpoint, LaCleda, Priest River, Newport, Diamond Lake, Chattaroy, Spokane VA.

*Need your prescriptions
filled in Sandpoint?
Medicine Man Pharmacy
in Super 1 accepts your
vouchers! 208-597-7466*

CBOC'S AND RURAL HEALTH CLINICS

Sandpoint Veterans' Clinic 208-263-0450
Hwy 200, Ponderay (inside Kaniksau Health Services)

Coeur d'Alene CBOC 208-665-1700
915 W. Emma Ave., Coeur d'Alene

Libby Veterans Clinic 406-293-8711
211 E. 2nd Street, Libby, MT

Kalispell CBOC 406-758-2700
Three Mile Professional Bldg.
31 Three Mile Dr., Ste. 102, Kalispell, MT

Missoula CBOC 406-493-3700
2687 Palmer St., Ste. C, Missoula, MT

Colville Rural Health Clinic 509-684-3701
1200 E. Columbia, Colville, WA

This page brought to you by:

Bestland
Senior Living Community
208.665.1600
www.bestlandcd.com

Let us never forget their sacrifices.

OUTREACH CENTERS

VA Outreach Center 509-444-VETS (8387)

Free counseling, employment and education services, benefits assistance to veterans and spouse/ significant-other. www.vetcenter.va.gov
M-Th 7 am - 6:30 pm, Friday 7 am - 4:30 pm,
Saturday by Appointment only.
13109 East Mirabeau Pkwy,
Spokane Valley, WA

SPOKANE MOBILE VET CENTER

"Leave No Vet Behind!"

We come to you! Providing free service benefits, bereavement, PTSD counseling and outreach counseling. Serving N. Idaho, Washington, Northeast Oregon and Northwest Montana with our Mobile Vet Center.

Schedule: Sandpoint VFW 2nd & 4th Thursdays,
Colville, WA VFW every other Friday, North Idaho
College, Coeur d'Alene 1st & 3rd Wednesdays.

Kalispell Vet Center

690 N. Meridian Rd., Suite 101, Kalispell, MT
406-257-7308 or 877-927-8387

Missoula Vet Center

500 N. Higgins Ave., Suite 202, Missoula, MT
406-721-4918

MORE RESOURCES

Mobile Medical Clinic & Homeless Outreach Program

Every Monday: St. Vincent de Paul HELP Center,
201 E. Harrison, CdA, 1-3 pm 1st & 3rd Monday:
The Altar Church, 901 E. Best Ave., CdA, 3-6 pm;
Every Tuesday: Fresh Start, 1524 E. Sherman, CdA,
8 am-12 noon & 2nd Street Commons,
405 N. 2nd St., CdA, 1-3 pm

Combat Call Center: 1-877-927-8987 (WAR-VETS)
Veterans Crisis Line 1-800-273-8255 Press 1

Confidential Chat: VeteransCrisisLine.net
Help for Veterans and families





Auburn Crest Hospice

*Choose to live every moment
to the fullest!*



BEGIN WITH THE VSO!

The Veterans Service Officers (VSO's) are NOT part of the VA. They are quickly supported who's sole purpose is to be YOUR ADVOCATE and help you with completing forms for eligibility and registration, details about education benefits, medical services, compensation, disability, counseling, and answering any questions.

These VSO's are here for you:

IDAHO

Idaho State VSO



Darryl Heisey
208-446-1092/1094
120 E. Railroad Ave., Post Falls
M-F 8:30 AM - 5:00 PM
email: Darryl.Heisey@veterans.idaho.gov

Benewah County



Linda Law
208-245-3212
701 College Ave., Suite 101,
St. Maries
Wednesdays 9:00 AM - 3:30 PM
email: llaw@benewahcounty.org

Bonner County



Chad Osborn
208-255-5291
1500 Hwy 2, Sandpoint
TWTH-8-5 (call/email for appointment)
cosborn@co.bonner.id.us

Boundary County



Jim Wilson
208-267-8611
6635 Lincoln St.,
Bonners Ferry
Thursdays
9:00 AM - 1:00 PM



Kootenai County

Scott Thorsness
208-446-1090/1092
120 E. Railroad Ave., Post Falls
M-F 8:30 AM - 5:00 PM
email: sthorsness@kcgov.us



Shoshone County

Susan Hendrixson
208-752-3331
700 Bank St., Suite 120, Wallace
M-Thurs. 9:00 AM - 5:00 PM
email: commsec@co.shoshone.id.us

MONTANA



Montana State VSO

Carolyn Collins
406-755-3795
National Guard Armory
2989 Hwy. 93 North, Kalispell
M-W & F - by appointment only
email: kalmvad@gmail.com



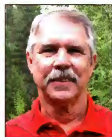
Volunteer VSO

Steve Combs
406-756-7304
1349 Hwy 2 East, Kalispell
Tues & Thursdays, 10:00 AM - 3:00 PM
steve@veteransfoodpantry.org

*Even if you do not need services, you must
first apply to the VA for determination. It
can take months to get into the system.
Do it now and it will be a LOT easier to
obtain help when you want it!*



Helping Local Veterans in Need; a Primer



by Bob Rutherford,
USMCR

There are those individuals and organizations in our communities who find it important to give something back by helping to ease the burden of needy, local veterans and their families. Some give money, some give time, and some give both. If you are considering such a donation, there are numerous, long-standing organizations from which to choose from the National to the local level. How can a prospective donor wisely choose which organization best meets their particular expectations in helping those less fortunate?

Sadly, making the right choice can be exceedingly difficult in an era when both fraudulent organizations and those with empty promises abound. Words and fancy advertising are cheap, especially over the internet. Those seeking to help needy veterans and their families must do their homework. Before giving to an organization, ask questions such as: What percentage of income is actually spent on direct support? What percentage is spent on administrative activities and salaries? Is the organization registered as a 501(c) charitable enterprise? How long has the organization been in existence?

Ask for a copy of the year-end tax filing with the Internal Revenue Service. Where is the organization headquartered? Ambiguous, "smoke and mirror" answers should raise immediate red flags.

If you are not completely at ease giving to an unknown organization claiming to help needy veterans, ask the local Veterans Services Officer or any recognized veterans organization in your community about that organization. Members of local veteran organizations are the boots on the ground; they know which veterans are in need of assistance and what resources

Any donation to an organization to provide services that are otherwise freely available is simply a donation wasted.

are available, it's what they do. At times, a needy veteran can be helped at no cost simply by helping guide him or her in the right direction as there are a wide variety of resources available that have already been funded through your tax dollars. Any donation to an organization to provide services that are otherwise freely available is simply a donation wasted.

As a donor, you should expect a needy veteran and their family

to receive nothing less than the best possible assistance for the donation made. If you want your donation to be used only in the local area, then donate to a widely recognized veterans organization within the community. Be very cautious of those organizations that are headquartered elsewhere that claim to help local veterans in need; once the donation is made, it is gone. If you have no community preference, then you may want to donate at the State or National level.

If you would like to know more about how you can help local, needy veterans and their families, begin by contacting the Veterans Services Officer in your county.

*Bob Rutherford.....
USMC Vietnam veteran;
Commander of Post 2453, Veterans of Foreign Wars, Sandpoint; Past Commandant of the Marine, Corps League, Sandpoint; Life Member of the Vietnam Veterans of America; Life Member of the American Legion; Past President of the Bonner and Boundary Counties Veterans Council.*





Peace of Mind

The Washington State Veterans Cemetery in Medical Lake is available to eligible veterans and their families throughout the Inland Empire, regardless of state of residency. Use of the facility is determined by eligibility which follows the National Cemetery Administration criteria. Families are encouraged to pre-register for use of the facility and are under no obligation by doing so. Pre-registration simply provides families with the peace of mind that they meet eligibility criteria, knowing that their end-of-life needs will be met without burdening their families with additional stress at a very difficult time. There are no charges for veterans' interments. There is however, a fee of \$300 for family members required at the time of interment, and a government headstone or memorial marker is included. Additional information and pre-registration forms are available online at www.dva.va.gov/cemetery or by calling 509-299-6280.



Auburn Crest Hospice

Serving ALL of Northern Idaho since 2008

POST FALLS
1596 E. Seltice Way
208-773-7731

BONNERS FERRY
6371 Kootenai Street, Unit 4
208-267-0579

www.auburncrest.com

Good...
Better...

Bestland

Friendly, Fun & Feels Like Home!

**2 Months FREE RENT for
Veterans & Surviving Spouses
who sign a 1 year lease!**



**ALL amenities
& services
included for
ONE LOW
RATE.**



Bestland

Senior Living Community

208.665.1600

www.bestlandcda.com

606 E. Best Ave. • Coeur d'Alene, Idaho



Residents' Rights

By Jan Noyes, Long-Term Care Ombudsman

Residents' Rights Month is designated by the National Consumer Voice for Quality Long-Term Care and is celebrated each October to honor residents of long-term care. It's an opportunity for every facility to focus on and celebrate awareness of dignity, respect and the value of each resident. This year, residents submitted stories, poems, pictures, videos, artwork and other mediums they chose.

Joyce Almqvist, a resident of Rose Terrace Cottages, an assisted-living facility in Coeur d'Alene, submitted the following poem:

*This is a beautiful place to live and grow.
There are wonderful people to learn and know.
Friendships are made, some deep and long.
Help is here when things go wrong.
There is a place for love and rest.
There are opportunities to do one's best.
Here is where there is much beauty to learn.
Here is where there is much care and concern.
For those who are dysfunctional, mentally or physically,
Care is given to them to the best of their ability.
Visitors are encouraged to come and see
How we are cared for compassionately.
Friends and family can surely testify
How we are loved and given the most dignity.*

There was a time when such a poem would not have been written. Residents of long-term care facilities did not have the rights and privileges they do today. There was no governing body, no oversight, no standards that had to be adhered to by owners. But that was to change with the Older Americans Act.

In 1971, Congress made funds available to several states to establish investigative units in response to

dangerous and abusive situations in nursing homes. Thus began the Long-Term Care Ombudsman Program. Today every state has a State Ombudsman, Regional Ombudsmen and, in our case here in the Panhandle, an additional team of volunteer ombudsmen.

Ombudsmen are advocates and problem-solvers for residents of long-term care. When residents enter long-term care, they keep their rights as American citizens. Amendments to the Older Americans Act of 1978 gave them additional resident rights:

- The right to be fully informed
- The right to participate in their own care
- The right to make independent choices
- The right to privacy and confidentiality
- The right to dignity, respect and freedom
- The right to security for their possessions
- The right to remain in the facility
- The right to raise concerns and complaints

These rights make a huge difference to a resident's quality of care and quality of life, as Joyce testifies.

If you have a question or concern about the care received at any residential care facility, contact Jan Young at the Area Agency on Aging of North Idaho - 208-667-3179 x223. And, if you would like to learn more about volunteering as an ombudsman, please call us!



Addus HealthCare



*Providing quality
in-home services
since 1979.*

- **Personal Care**
- **Meal Preparation**
- **Housekeeping & Laundry**
- **Transportation**

*Payment options include Medicaid, Veterans,
Long Term Care and Private Pay*

**Call today to learn how we can help you!
888-233-8746 or 208-667-2309**

www.addus.com

Rose Terrace Country Homes and Cottages

*Home-style setting in
two locations:*

5672 W. Rhode Island
Spirit Lake
208-623-6154

632 N. 21st Street
Coeur d'Alene
208-665-0580

**Enhancing Quality of Life
and Preserving Dignity**

**Private Rooms & Baths
Meals, Activities Programs & Outings
Alzheimer's & Dementia, DD & MI Care
Licensed Nurses Available 24/7**

www.roseterrace.org



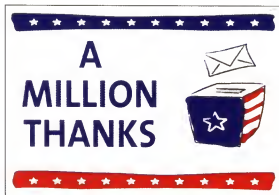
A Million Thanks!

A Million Thanks is a program and year-round campaign to show appreciation for our U.S. Military Men and Women, past and present, for their sacrifices, dedication, and service to our country through our letters, emails, cards, and prayers. Local schools, civic groups, and individuals from our surrounding counties are being urged to participate.

The Area Agency on Aging of North Idaho is the only official "Drop Off" location in the State of Idaho. Once items are dropped off here at our office - 2120 Lakewood Drive, Suite B, Coeur d'Alene, they will be forwarded to A Million Thanks and they in turn will ensure those items are distributed. Our drop off box is located in our front lobby.

You can visit the website for more information about "Thanking" our military service men and women.

<http://www.amillionthanks.org/>





Trinity Group Homes, Inc.

Residential programs for people with severe and persistent mental illness.

Learning to live a full and independent life.

Donations are highly appreciated - send check to address below or use credit card or PayPal on website:

P.O. Box 1861 • Coeur d'Alene, ID 83816
208-667-9607 • www.trinitygrouphomes.net





Together we can help you find solutions to issues facing aging adults!

- ✦ Providing Information & Referrals
- ✦ Identifying Needs
- ✦ Health Insurance & Prescription Drug Assistance
- ✦ In-Home Support Programs
- ✦ Community Support Services
- ✦ Benefit Options
- ✦ Volunteer Opportunities

Call us to learn about available resources in your community!

800-786-5536

www.aaani.org

Area Agency on Aging
of North Idaho

 A Department of
North Idaho College

**PROUDLY SERVING BENEWAH, BONNER,
BOUNDARY, KOOTENAI & SHOSHONE COUNTIES**



Changes in Your Healthcare Coverage



By Carey Spears, RHU
Spears Insurance, Inc.

It sounds glib when I say, *"It's that time of year again!"* But, it really is that time of year again! Yes, your mailbox has begun to be cluttered with all the offers from health insurance companies. Let's not forget your current Medicare health plan or Part D plan, they have already released the changes to your current policies in their Annual Notice of Change (ANOC) and Medicare has mailed the updates in the 2015 "Medicare and You" book. Everything is gearing up for that all important time of year...no, not Christmas! It's the Medicare Annual Enrollment Period (AEP) from October 15th through December 7th.

It's the time of year you can: enroll in a new plan, cancel your Part D coverage, or just change coverage types for an effective date of January 1, 2015.

In essence, it's the time of year to review your current coverage; what has changed with the policy you have and then consider any health changes you experienced over the year. Are you taking more or fewer prescriptions? Write down the dosage, how often you take medication and who prescribed it. List vitamins and over the counter supplements. Have you changed the doctors you use or the pharmacy? There really are quite a few factors to consider!

That's where I come in! As your agent, I've trained, studied, lived and breathed Medicare and drug coverage, dental and vision and love helping people understand changes in a product that can help protect you, your family, and finances utilizing a necessary evil, *insurance*, to help make your lives

The advice is free and the face-to-face relationship is to your advantage. You can just call me with questions and you won't be put "on hold."

a little bit better. By explaining benefits in a way that can be understood, being an advocate if problems arise, and a counselor to help you make your own choices about the coverage you want, enabling you to feel confident about your decisions. And I'm here every day...not just the day you sign the application.

Keeping in touch to let you know about changes that occur and options that you may not otherwise learn about does not occur online or by calling an 800#. To my way of thinking, why wouldn't you seek to establish a personal relationship with someone who keeps up with all the changes, new regulations, plan benefits changes, and premium changes when it costs exactly the same if you choose to purchase coverage on-line? The advice is free and the face-to-face relationship is to your advantage. You can just call me with questions and you won't be put "on hold."



Medicare Doesn't Cover Everything!

Call Carey today to learn the basics of Medicare. Discover the right Medicare Advantage or Medigap health plan for you!

- Medicare Supplement
- Medicare Advantage (MA / MAPD)
- Part D Drug Plans

208-610-8096



Serving North Idaho





Whether you like it or not, change happens. With each new day there are changes confronting you; some are more subtle than others. Sometimes you are thrown right into the middle of things and you have to just plain "get with the program." And if you don't know in which direction you need to move, you usually ask for help or muddle through on your own. For me, I like asking for some guidance, a little extra information so I can understand what is changing, what my options are, what happens if I choose one over another. Everyone wants that empowerment of making informed decisions for themselves. It really is "that time of year" again...so call me and we'll review it all together! 208-610-8096

Carey Spears, Registered Health Underwriter (RHU), has been a resident of Sandpoint since 1996, and a licensed insurance agent, specializing in Senior Health Plans. She currently serves on the Idaho Commission on Aging representing Region 1 and on the Advisory Council for Sandpoint's DayBreak Center. Carey is a member of Panhandle SeniorNet, has served on The Advisory Council for Area Agency on Aging and is a member of the North Idaho Association of Health Underwriters.



Marshall Law Office & Mediation Center



Angela R. Marshall
BBA, MBA, JD
Attorney/Mediator



Serving North Idaho

- Free Initial Consultation
- No Attorney or Court Referral
- Elder Law & Care Planning
- Guardianship / Conservatorship
- Family Law

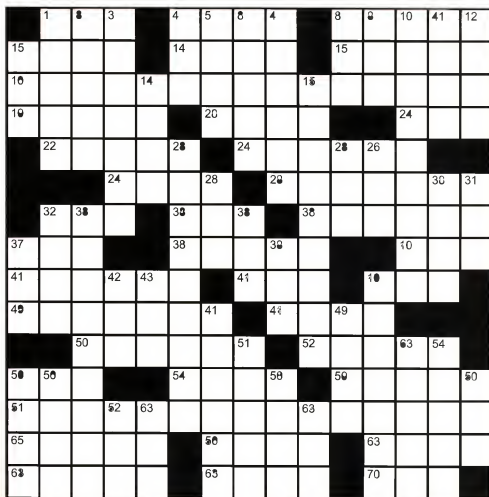
Providing professional, yet personal, legal and mediation services to assist in resolving conflicts and disputes.

208-255-7260

Crossword *Music of the '40s, '50s & '60s*

Across

- 1 Little lie
- 4 D.E.A. agent
- 8 Eateries
- 13 Bog down
- 14 Dwarf buffalo
- 15 Divvy up
- 16 Popular '40s orchestra
- 19 Medicinal plant
- 20 Order to a broker
- 21 Submissions to eds.
- 22 Choppers
- 24 Sandwich filler
- 27 Hammer or wrench, e.g.
- 29 Muzzle
- 32 Halifax clock setting (Abbr.)
- 34 Colo. neighbor
- 36 Hen-pecked
- 37 Do film work
- 38 Squeezing (out)
- 40 Bullfight cheer
- 41 1995 Travolta film, "Get _____"
- 44 Preschooler
- 45 Retired flier
- 46 Remission of sin
- 48 Volcano feature
- 50 Bury
- 52 Civil rights org.
- 55 Opposite NNE
- 57 Liquefy



- 59 Autocrats of old
- 61 1956 Elvis song
- 65 Ice house
- 66 Trait carrier
- 67 _____do-well
- 68 Covered with fungus
- 69 Nervously irritable
- 70 Tax form ID

"We care about you...and your health"

FAST, FRIENDLY AND KNOWLEDGEABLE SERVICE



www.medmanpharmacy.com

624 Larch Street • Sandpoint (Inside Super 1 Foods)

208-597-7466

We can and do...

- Price match most medications
- Provide mail or in-town delivery service
- Compound medications
- Online & Smart Phone refills



Michelle Duhon,
Pharmacist



The Best Medicine for Your Health™



Down

- 1 Seafood entree
- 2 "Goodnight" girl of song
- 3 "Because of You" singer, 1951
- 4 60's war zone, briefly
- 5 French cordial flavoring
- 6 Cameos, e.g.
- 7 40s opera singer Maria
- 8 One for the road
- 9 Priestly garb
- 10 50s doo wop group famous for "I Only Have Eyes for You"
- 11 Geologic periods
- 12 Benchmarks (Abbr.)
- 13 Classic sports cars
- 17 Defense acronym
- 18 Duke of jazz
- 23 Jimmie Rodgers '57 hit
- 25 _____ mode
- 26 Ryan of "When Harry Met Sally"
- 28 Albanian coin
- 30 Gael
- 31 Dutch city
- 32 Distress signal
- 33 "Waterloo" singer Jackson (1958)
- 35 Kind of part
- 37 Egyptian snake
- 39 Silent assent
- 42 Dashed
- 43 Demolition stuff
- 45 1960 group headed by Frankie Valli, "The Four _____"
- 47 Come to light
- 49 Algebra or trig
- 51 Run in the wash
- 53 Phoebe of "Gremlins"
- 54 Primp
- 55 Mason's wedge
- 56 Utah's state flower
- 58 Zingy taste
- 60 Camera inits.
- 62 Curtain holder
- 63 Kind of poodle
- 64 Lock opener

Sudoku

						8	1	2
	2			3				
		7				5		
	4			5		2		
					4		7	8
		3		1				
	1			2		4		3
	8			9		5		
		4			1			

How to Play Sudoku

To solve the Sudoku puzzle, each row, column and box must contain the numbers 1 to 9.

Crossword and Sudoku answers on page 67.



Lifeline Medical Alert Service



PHILIPS
Lifeline



You can't always be there for an aging parent or loved one who lives alone. But you can help increase their confidence to live independently - with Philips Lifeline.

Lifeline is a simple, wireless device worn as a pendant or wristband that allows the wearer to summon help with the push of a button, any time of day or night. On the other end, a trained Lifeline response associate is waiting to quickly dispatch assistance.

Lifeline offers you peace of mind. Over half a million people—along with their friends and family—trust Lifeline every day. You can too!

For more information call 208.625.5020.



KootenaiHealth

208.625.5020 | kh.org

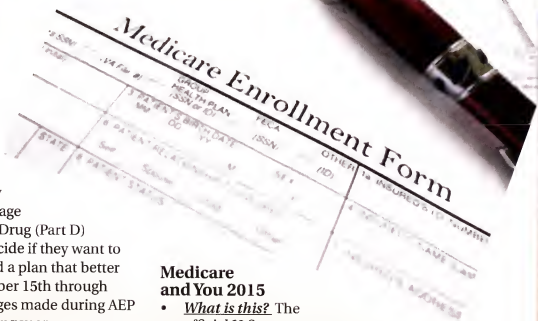


With Fall Comes the Medicare Annual Enrollment Period

by Colleen Van Winkle,
Idaho SHIBA Volunteer Services
Coordinator

Fall is the season of cool breezes, falling leaves and mailboxes filled with information for Medicare's Annual Enrollment Period (AEP) - the time when Medicare beneficiaries can review changes to their Medicare Advantage (Part C) or Medicare Prescription Drug (Part D) plans for the coming year, and decide if they want to stay with their current plan or find a plan that better meets their needs. AEP runs October 15th through December 7th of each year. Changes made during AEP take effect January 1 of the following year.

Following are materials you may receive as the Annual Enrollment Period nears:



Medicare and You 2015

- **What is this?** The official U.S. government Medicare Handbook is mailed to each household with at least one Medicare beneficiary unless the household has opted to receive the handbook electronically.
- **When will you receive it?** The handbook will be mailed between mid-September and the end of the month.
- **Why is it important?** The Medicare and You 2015 handbook describes changes in Medicare taking effect in 2015, describes Medicare coverage and other coverage options, and provides a list of health and prescription drug plans available in Idaho. The electronic version, available at www.Medicare.gov does not have health and drug plan listings.

Your current plan's Annual Notice of Change (ANOC)

- **What is this?** The ANOC is required by Medicare and describes changes between
- your current plan and the 2015 version of the plan.
- **When will you receive it?** Medicare rules require that current beneficiaries receive the ANOC by September 30th.
- **Why is it important?** The ANOC gives information about changes in premium, coverage rules, formularies (the lists of drugs a plan covers) and any other changes in coverage for the 2015 plan year - January 1, 2015 through December 31, 2015.

Don't miss the chance!

Make your Medicare choices for 2015

Open Enrollment is
Oct. 15-Dec. 7

Call SHIBA to make
an appointment



Senior Health Insurance
Benefits Advisors



Ad purchased with grant funds from the Administration for Community Living



Enrollment Events throughout Idaho

Medicare Counseling - Complaints Filing - Workshops

Public Presentations - Fraud Education & Reporting

Call today to schedule an appointment with a counselor in your area!

Free, Unbiased Medicare Information

1-800-247-4422 SHIBA.idaho.gov





This allows a beneficiary to compare the current plan with other 2015 plans to determine if it is best to continue with this plan or to move to another plan that may cost less and/or offer better coverage for 2015.

Non-renewal notifications

- **What is this?** Notice from a plan to a current beneficiary that the plan will not be offered for 2015.
- **When will you receive it?** The notice of non-renewal must be received by October 2nd.
- **Why is this important?** Unless a beneficiary is aware that their plan will not be offered in the following year, he or she may not know that coverage will end December 31. By the time they learn that coverage has ended, it may be too late to select a plan for 2015. People whose plans end December 31st will have 63 days past that date to enroll in a new plan. However, many people don't receive services within the first 63 days of the year and may not find out that their plan has ended.

And you are probably receiving advertising from plans who want you to buy their products.

What should Medicare beneficiaries do during the AEP?

First, learn what changes are being made to your current plan for the next year. Will it still be offered in the area where you live? Will the premium change? Will there be changes in coverage or copayments? To be aware of these changes, review the ANOC.

Next, compare your current plan with other plans being offered in your area for 2015. Speak with your insurance agent, with the Senior Health Insurance Benefit Advisors (SHIBA) program of the Idaho Department of Insurance, or go to the Medicare Plan Finder at www.Medicare.gov/find-a-plan/questions/home.aspx to compare plans and determine if there is a plan available in your area that may better meet your needs.

Finally, choose the plan available to you that you feel best meets your needs.



Enhancing Health with Heart and Spirit

Skilled Care Centers

* Sandpoint

* St. Maries

Both with special care units for those with difficult to manage behaviors. Each facility has a fully equipped therapy department offering Physical, Occupational, and Aquatic Therapy for in-patient and out-patient therapy.

Medicaid - Medicare - VA - Private Insurance

Assisted Living

* St. Maries

For those who want to keep their independence but have the convenience of someone around when they need assistance. Choose from a home-like setting in Cottage to fully self-contained apartments. Services include but are not limited to: bathing, dressing, mobility, transferring, shopping, laundry, medications and supervision.



Aquatic Therapy Pool
with built-in treadmill.



St. Maries 820 Elm Street
Skilled Center 208-245-4576
Assisted living 208-245-5908

Visit our website at
www.valleyvista.org

Sandpoint
220 S. Division
208-265-4514



You Are In Control



by Beverley Bumpas,
Regional Director
for Consulate Health
Care Centers at Coeur
d'Alene Health Care and
Rehabilitation

Laying in a hospital bed, the last thing you want to think about is, "Where am I going from here?" If you are like most Americans you are wishing you could click your heels like Dorothy and suddenly open your eyes in your home. As classic as the idea of ruby shoes is, the wisdom from our elders is more practical: *An ounce of prevention is worth...*

While you are in that hospital bed a collection of educated and knowledgeable professionals (physicians, social workers and therapists) are analyzing your condition. This group will create a plan designed to get you healthier. But the key to your health care, the most important component of your healing is YOU. You are the one who will have to do the work, endure the pain and agree to the discipline to insure that you are prosperous in your journey to health.

If you were building a house wouldn't you want to take time to think about the exact type of house you wanted, cost out the materials needed, or draw the design? Well your body is like a house and your health needs a plan. You wouldn't wait for a hurricane



to happen before you added double paneled glass for your windows. Why then would you wait until sickness and/or emergency occurs to be educated about how to get better?

Prepare

No one wants to go to the hospital. We don't even like to think about planning for sickness. Unfortunately our fears and dislikes do not keep life from happening. It is important to think about who can be part of your support team, should the need arise.

Who do you trust to speak for you if you could not speak for yourself?

Often we think of worst case scenarios when we think about advocacy. We believe we must be in dire straits, incapacitated or unconscious before we need help. However the process of waiting, going through the emergency room when you're sick or in pain during admittance to a hospital can be exhausting in one's best health. The process can leave us in a weakened state, this is not the best time to be alone making decisions. Having someone advocate or speak for you, is helpful when you need mental strength to heal.

Who can communicate best with you while you are in a weakened state?

While in the hospital nurses, doctors, and social workers will be in and out of your room giving information. Having an extra set of ears, listening from



COEUR D'ALENE HEALTH CARE AND REHABILITATION CENTER

A Consulate Health Care Center

Our Services Include:

- 24-hour Skilled Nursing Care
- Comprehensive Rehabilitation Services
- Physical, Occupational and Speech Therapies
- Wound Care & Progressive Diabetic Care
- Alzheimer's and Dementia Care
- Care for Medically-complex Patients



www.consulatehealthcare.com

A significant percentage of our patients return home following a brief rehabilitative stay with us. For residents for whom living independently at home is no longer possible, we offer long-term care services in a comfortable and home-like setting.



208-664-8128

"PROVIDING SERVICE WITH OUR HEARTS AND HANDS"

2514 N. 7th St.
Coeur d'Alene



a different perspective and sharing this information privately with you can help your stay in the hospital be as comfortable and progressive as possible.

Have someone there who can communicate with the doctors should you be too tired, or sick to clearly understand. * She/he will collect information and share it with you when you are ready and able. **Most hospitals require paperwork authorizing them to share your information with another person. This can be a Power of Attorney, Living Will or at minimum, a signed statement from you allowing whomever you wish to have access to your medical information. Have this paperwork WITH YOU upon admission.*

Ask, ask, and ask again!

Don't be afraid to ask questions. Sometimes people in clinical fields use language common to their work environment without realizing that their patients may not clearly understand. If you don't thoroughly understand your situation, plan of care or diagnosis at all times, ask until you get the clarity you need. If you have any questions at all, at any time, about what is happening with you or around you, ask until you do understand. If you are not able to ask have your advocate ask, ask and ask again.

Remember that collection of educated and knowledgeable professionals analyzing your condition? Their goal is to have you discharge safely and continue your journey to health. Usually a doctor, or discharge planner will give advice for the best direction of your healing. Remember you are the most important component to your healing. ASK about ALL your options. Some of their directives might be for Skilled Nursing, or Home Health. ASK about all your options! Accompanied with their directives should be a list of Skilled Nursing Facilities or Home Health agencies near your home. You have options. **ASK for the list and ASK for your options.**

In addition to her Degree in Gerontology, Beverley Bumpas has formed relationships with leaders in the Senior Living and Preventative Health Industry giving her over 15 years of experience. She has created platforms with congressmen for Health Care Reform Panels, created support groups for caregivers and seniors, and negotiated contracts for Medical Clinics and Assisted Living Communities.

Because you have more important things to do . . .

White Cross makes life
a little more convenient.

- Drive-Up Window
- Free In-Town Delivery
- Compliance Packaging

White Cross
Pharmacy & Compounding

- Sandpoint
1319 Hwy 2, Suite A
263-9080
- Priest River
5453 Highway 2
448-1633
- Spirit Lake
31964 N. Fifth Avenue
623-8485



Agencies, Free Referral Services & Volunteer Opportunities

AARP Idaho..... 208-855-4004

3080 E. Gentry Way, Ste. 100, Meridian
www.facebook.com/AARPIDaho

AARP Idaho is a nonprofit, nonpartisan organization, with a membership of more than 175,000 in Idaho that serves as a voice and an advocate to protect consumers and improve the lives of Idahoans age 50 and over.

Alzheimer's Association Inland NW Chapter
N. Idaho Office 208-666-2996

www.alz.org/inlandnorthwest

P.J. Christo, RN; email: pj.christo@alz.org
24-Hour Help line..... 800-272-3900

We connect families to needed programs, products and services, provide Dementia Information, Local Support Groups, State and Federal Advocacy, educational programs, workshops and lectures for caregivers, families and the general public.

The volunteer **COMMUNITY BOARD OF GUARDIANS** is provided to Bonner County adults as a last resort when no family or friends are available to help them make decisions for themselves such as financial, health and other aspects of daily living.



HOW CAN I HELP?

The Board is truly of great significance and we are seeking persons with compassion to advocate for those not capable of making decisions for themselves. Please consider serving your community as part of the Board.

The Board accepts referrals from the community and determines ability to assist.

208-255-3098 • guardianboard@co.bonner.id.us

Area Agency on Aging of North Idaho
 208-667-3179

2120 Lakewood Dr., Ste. B, Coeur d'Alene

Toll Free 800-786-5536
www.aaani.org

Do you have questions about senior services and resources available in your community? Are you eligible for extra help paying for prescription drugs or help paying the monthly Medicare Part B premium? For free information and to discuss your options. Call us!

Bonner County Board of Community Guardian
 208-255-3098 • guardianboard@co.bonner.id.us

We are a last resort for anyone (often with dementia or debilitation) without family of friends to care for them. If you know of anyone like this, or would care to serve as a guardian or conservator, please call us.

Community Cancer Services 208-255-2301
 1215 Michigan St. Ste. B, Sandpoint
www.communitycancerservices.org

We are here to help with education, information and direct support services to cancer patients and their families. Services include gas vouchers, financial assistance, grief counseling, wigs, hats, post-mastectomy products, Ensure, lending library, transportation, loaned medical equipment and more.

Compassionate Care Referral Service
 208-660-9982 • www.compassionatecarereferral.com
 I can refer you to the best fit for your Assisted Living, Senior, and Disabled Care Services needed. Through mutual discussion and needs assessment, I will create for you a customized short list of possible solutions.

Goodwill Industries - Workforce & Family Services
 204 Larkspur St., Ponderay 208-265-1984
 1221 W. Ironwood Dr., Ste. 101, Cd'A.... 208-667-6463
www.discovergoodwill.org

Goodwill Industries of the Inland Northwest provides skills training, testing, job placement and retention services, youth mentoring, services for veterans who are homeless and case management. When you shop at our 12 Goodwill® stores or online at www.shopgoodwill.com, \$.85 of every dollar directly supports our services in the community.

Idaho Commission for the Blind & Visually Impaired 208-769-1419
 229 E. Locust Ave., Coeur d'Alene
mgrandstaff@icbvi.idaho.gov

ICBVI is a state agency that provides free independent living training and offers adaptive aids, such as magnifiers and talking devices, to help individuals who are struggling with vision loss to be more independent in their homes and the community.



Retirement Publishing 800-584-9916
www.retirementpublishing.com
 Keeping Idaho seniors informed of their options with our FREE publications: Idaho Elder Directory, North Idaho Retirement, Assisted Living in Idaho, Alzheimer's Resource Directory. Call toll free during regular business hours for your FREE copy or visit our Web site.

SHIBA..... 800-247-4422
(Senior Health Insurance Benefits Advisors)
 2005 Ironwood Pkwy, Ste. 143, Coeur d'Alene
www.doi.idaho.gov/shiba/shibahealth.aspx
 SHIBA is a division of the Department of Insurance. SHIBA counselors offer free education and assistance about Medicare benefits, plan choices and billing. SHIBA counseling is done by phone, email, or at community partner locations throughout Idaho.

The Guardians Foundation 208-449-1210
 6651 W. Harbor Dr., Coeur d'Alene
www.theguardiansfoundation.org
 We work with and seek collaboration with organizations and individuals to help veterans and their families seeking help. We provide food, safe shelter, clothing, household items, financial assistance, outdoor events, counseling referrals, plus educational and job opportunities and more.

Care Communities; Independent & Assisted Living, Adult Day Care

Bennett House..... 208-651-9060
 1095 E. Timber Lane, Coeur d'Alene
www.bennethouse.org
 An Adult Day Care Center offering older adults an opportunity to get out of the house and receive both mental and social stimulation and to give caregivers a much-needed break in which to attend to personal needs, or simply rest and relax.

Bestland Senior Living Community 208-665-1600
 606 E. Best Ave., Coeur d'Alene
www.bestlandcda.com
 Bestland Senior Living offers 3 home-cooked meals per day, weekly housekeeping with linens, transportation, all utilities, wi-fi, and cable TV at one low rate. We are a smaller community offering residents a warm and loving atmosphere where they truly feel at home!

Boundary Community Restorium..... 208-267-2453
 6619 Kaniku St., Bonners Ferry
www.boundarycountytid.org/restorium.htm
 Our facility accommodates 52 residents with home-cooked meals and snacks. We help with shopping, medications, and bathing. We offer an array of activities, especially in summertime when residents enjoy our vegetable garden, beautiful flowers and entertainment in our gazebo.

Brookdale Emeritus at Coeur d'Alene . 208-667-6490
 205 E. Anton Ave., Coeur d'Alene
www.emeritus.com
 We offer both independent and assisted living; studios, deluxe studios, one and two bedroom apartments and stand-alone cottages. We pride ourselves on a full active life enrichment program, delicious meals daily, housekeeping, transportation to doctor's appointments, shopping and other excursions.

Coeur d'Alene Health Care and Rehabilitation Center 208-664-8128
 2514 N. 7th St., Coeur d'Alene
www.consulatehealthcare.com
 We specialize in providing comprehensive post-acute care, 24-hour skilled nursing, Physical, Occupational & Speech therapies, Wound care, Progressive Diabetic care, and Alzheimer's and dementia care with our unwavering commitment to our core values of Compassion, Honesty, Respect, Integrity and Passion.

Support Local Homeless Veterans...

The Guardians Foundation Inc.



*Helping veterans navigate civilian life.
 To volunteer, donate or request assistance,
 visit us on Facebook or our website:*

www.theguardiansfoundation.org



DayBreak Center 208-265-8127
820 Main Street, Sandpoint
www.daybreakhouse.org

DayBreak provides quality daytime care for individuals with memory impairments allowing caregivers a much needed break. In addition to offering a safe, responsive, and homey environment for your loved ones, the professionals at DayBreak provide activities that stimulate memory, health and socialization.

Garden Plaza of Post Falls 208-773-3701
545 N. Garden Plaza Ct., Post Falls
www.gardenplazapostfalls.com

The finest in Independent and Assisted Living with stunning surroundings, unparalleled service and lavish amenities, our residents are proud to call Garden Plaza home. We are committed to our residents enjoying a carefree lifestyle. You will love it here, and we welcome the opportunity to meet you!

Life Care Centers of North Idaho
500 West Aqua Ave., Coeur d'Alene 208-762-1122
460 Garden Plaza Ct., Post Falls 208-777-0318
1125 N. Division St., Sandpoint 208-265-9299
www.LCCA.com

Life Care Centers of North Idaho specialize in long term care, special needs and dementia care, post-operative and acute illness restorative nursing and therapy, 24/7 admissions. Respite stay is also available. Semi-private and private rooms. Schedule your tour today!

Luther Park at Sandpoint 208-265-3557
Assisted Living and Memory Care
510 Olive Ave., Sandpoint
www.luther-park.org

Do what you want to do and leave the rest to us! We offer every level of care from unassisted independent living to full memory care. It's all available at Luther Park. We are the best deal in town!

Newport Hospital Long Term Care & Skilled Nursing 509-447-2464
714 W. Pine St., Newport, WA
www.phd1.org

Our Long Term Care offers both long and short term skilled nursing and restorative care. We provide Skilled Nursing 24 hours a day, coordinating care with local physicians.

River Mountain Village Assisted Living 509-447-2903
608 W. Second Ave., Newport, WA
www.phd1.org

A beautiful 42 unit studio & one-bedroom apartment community for an active, independent lifestyle. Enjoy the cozy fireplace, a stroll along a lovely landscaped walking path, and a variety of daily activities to meet the individual needs of our residents.

Rose Terrace Country Homes 208-623-6154
5672 W. Rhode Island, Spirit Lake
Rose Terrace Cottages
..... 208-665-0580
632 N. 21st St., CdA
www.roseterminate.org

Our quaint, home-style facilities offer a compassionate, caring environment with well trained staff 24/7. Nurses available 7 days a week, wonderful meals and fun activities. Private and semi-private rooms. Medicaid accepted.



**Thank you
Bonner
County for
voting us
the Best
Senior
Living
Community
of 2014!**

It's an honor serving this community.



Join us for lunch, tour our community, meet our staff and see for yourself why Luther Park at Sandpoint was voted One of the Best in Bonner County for over five years in a row!

510 South Olive Avenue • 208-265-3557



Where aging is all about living

Sandpoint Assisted Living..... 208-265-2354
 624 S. Division St., Sandpoint
www.sandpointassistedliving.com
 Our community is unique because we are small and affordable, providing residents close and easy access to staff 24 hours a day. Rents are the lowest in the area and we also accept Medicaid.

Trinity Group Homes, Inc...... 208-667-9607
 Coeur d'Alene • www.trinitygrouphomes.net
 Since 1979, Trinity Group Homes Inc. has provided housing and supportive services in North Idaho, for men and women with severe and persistent mental illnesses with currently 32 rooms. Since 1980, we have been certified as a 501(c)(3) organization.

Valley Vista Care Skilled Centers:
820 Elm St., St. Maries 208-245-4576
220 S. Division, Sandpoint 208-265-4514
Assisted Living:
820 Elm St., St. Maries 208-245-5908
www.valleyvista.org
 Enjoy a comfortable, homelike setting in either our assisted living or skilled care centers. We offer physical, speech, occupational and aquatic therapy for in-patient and out-patient rehab. Specializing in an innovative activity program and two unique behavior care units.

Whispering Pines at Ivy Court 208-667-6486
 2200 Ironwood Pl., Coeur d'Alene
www.extendicareus.com/ivycourt
 A leading provider of long-term skilled nursing care and short-term rehabilitation solutions. Our 80 bed facility offers a full continuum of services and care focused around each individual in today's ever-changing healthcare environment.

Counseling

Alcohol & Drug Counseling and Recovery Services..... 208-255-9333
 102 S. 4th Ave., Ste. B, Sandpoint
 When concerned about alcohol or drug problems, the prospect of change may appear challenging. We work together to explore options and find solutions that strengthen your quality and enjoyment of life. You are welcome to call for a complimentary consultation.

Benewah Medical & Wellness Center... 208-686-1931
 27 N. 12th St., Plummer
www.bmcwc.com/counseling
 Counseling for all ages, outpatient substance abuse, addiction treatment and inpatient treatment by referral. Every individual has dignity, worth and value and we provide caring, confidential and professional service. Open to the general public and provided on a sliding fee basis. Most insurance accepted.

We're here when you need us.



Exceptional care in
 breathtaking surroundings...
River Mountain Village.



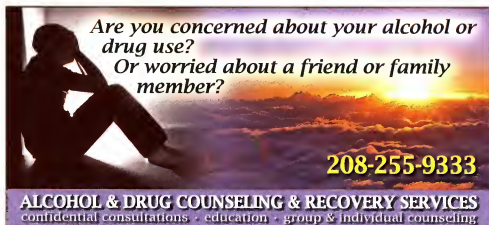
Where big city quality meets
 rural neighborhood care...
Newport Hospital Long Term Care.



Newport Hospital & Health Services

Newport, WA • 509.447.2903 • www.phd1.org





*Are you concerned about your alcohol or drug use?
Or worried about a friend or family member?*

208-255-9333

ALCOHOL & DRUG COUNSELING & RECOVERY SERVICES
confidential consultations • education • group & individual counseling

Heritage Health Mental Health
2025 W. Park Pl., Ste B,
Coeur d'Alene.....208-620-5210
Family Support Services

.....208-769-4222
2201 Ironwood Pl., Coeur d'Alene
www.myheritagehealth.org
Heritage Health is North Idaho's premier provider of integrated medical, dental, behavioral health and physical therapy. Our amazing care teams deliver world-class healthcare utilizing a patient directed, community focused approach. Providing high quality, affordable healthcare from the heart is our passion.

PlayWorks Counseling
.....208-267-1801
Hawkins House Healing Center
7583 Main St., Bonners Ferry
www.susanfalck.com

Providing a safe therapeutic environment where trust and alliance become the hallmarks of developing a relationship conducive for growth, understanding, and mastery of new skills. Utilizing a positive client-centered approach and regard for people and the environment in which they live.

Rathdrum Counseling Center, LLC
.....208-687-0538
14954 Coeur d'Alene St.,
Rathdrum
www.rathdrumcounseling.com
Rathdrum Counseling Center is a full outpatient substance use disorder and mental health treatment clinic. We focus on client strengths, needs, abilities, and strive to encourage least restrictive interventions that are culturally sensitive, cost effective and within your own community.

PLAY THERAPY

PlayWorks Counseling Center

Now located at:
HAWKINS HOUSE HEALING CENTER
7583 MAIN STREET
BONNERS FERRY, ID



Fathers' & Men's Groups
Parenting Skills
Stress Reduction Courses
Art Classes
Children's Calming Skills Groups
Children's & Family Yoga
Women's Retreats
Teen Groups

Susan Falck, MSW, LCSW, PC

208.267.1801



I Think I'm Pregnant! Now What?

Get the Facts - Call...

**Life Choices Pregnancy Center
& In-Sight Clinic**

**Free & Confidential Pregnancy Tests,
Ultrasound & Someone to Talk to
About Your Options.**

Mon-Tues-Wed 10 am to 2 pm
Thurs 12 noon to 4 pm

502 N. 2nd Avenue, Sandpoint
208-263-7621





RATHDRUM COUNSELING CENTER, LLC

It's time to take steps to a better life...

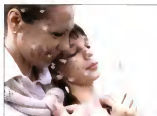
**DRUG, ALCOHOL & DUI EVALUATIONS
COURT ACCEPTED TREATMENT
GROUP OUTPATIENT SERVICES**

- Full Outpatient Psychiatric and Mental Health Services
- Outpatient Treatment & Medication for Opioid Addiction
- Comprehensive Employer Assistance Services also available
- Medicaid, Most Insurances, BPA, Private Pay w/Sliding Scale Fees

**Rathdrum Counseling
Center, LLC**

208-687-0538

14954 Coeur d'Alene St.
Rathdrum, ID



www.rathdrumcounseling.com

Rawlings Community Counseling.....208-267-0900
6807 Cody St., Bonners Ferry

www.rawlingscommunitycounseling.com

Mental health counseling for children, adolescents, adults, couples and families. Offering addiction treatment, case management, and EMDR Therapy for trauma treatment. We accept most insurance, Medicaid and a sliding fee scale is available.

**Rawlings
Community Counseling**

**MENTAL HEALTH & ADDICTIONS TREATMENT, TRAUMA SPECIALIST,
CHILDREN, ADOLESCENTS, ADULTS, COUPLES AND FAMILIES**

Idaho & Montana Medicaid, BPA Funding, Veteran's Services,
Private Insurance, Sliding Fee Scale and Private Pay

**6807 Cody Street • Bonners Ferry
208-267-0900 • rawlingscommunitycounseling.com**

**The Life Choices Pregnancy Center
& In-Sight Clinic.....208-263-7621**
502 N. 2nd Ave., Sandpoint

We offer free & confidential services for women faced with unplanned pregnancies. Services include medical-grade pregnancy testing, verification, limited ultrasound imaging, and options education. We are advocates for women and their unborn children.

Dental

Benewah Medical & Wellness Center...208-686-1931
427 N. 12th St., Plummer • www.bmcwc.com/dental

Providing preventative dental care, emergency care, and dental treatments with a goal to help you enjoy the benefits of good dental health for the rest of your life. Services are open to the general public and provided on a sliding fee basis. Most insurance accepted.

Heritage Health Dental Care.....208.292.0697
1090 W. Park Pl., Coeur d'Alene

www.myheritagehealth.org

Heritage Health is North Idaho's premier provider of integrated medical, dental, behavioral health and physical therapy. Our amazing care teams deliver world-class healthcare utilizing a patient directed, community focused approach. Providing high quality, affordable healthcare from the heart is our passion.



Family Practice | Dental | Mental Health | Pediatrics | Physical Therapy

Heritage Health provides comprehensive medical, dental and mental health services for thousands of people in our community each year.

From pediatrics to geriatrics, preventive medicine to chronic disease management, our compassionate provider team can do it all.

Most Insurance Accepted
Medicaid & Medicare
No Part B Deductible
Sliding Fee Scale
Multiple Locations

Schedule an Appointment
(208) 620.5250

Healthcare from the Heart

www.myHeritageHealth.org





Bird Aviation Museum & Invention Center

Admission is FREE!

Vintage Aircraft - Classic Cars - Military Memorabilia

Modern Day Patents - Original Prototypes & Models

Signed Artwork & Original Signatures of
Famous Aviators, Inventors & Astronauts

Summer Hours: Monday through Saturday, 8am to 4pm
Winter Hours: Monday through Friday, 8am to 4pm
Cafe Hours: 11am to 3pm, Memorial Day through Labor Day
Contact: (208) 255-4321 for up-to-date information
and to arrange a special event or a group visit.

www.birdaviationmuseum.com

NOTE: Inventors Association of Idaho meets the first Tuesday of the month.
For additional info, visit www.inventorassociationofidaho.com

Marshall A. Arbo, DDS208-267-5187
5246 Westside Road, Bonners Ferry

Dr. Arbo, a General Dentist for over 40 years, provides complete denture service including full and partial dentures, denture repairs, adjustments and relines. Full dentures are fabricated in-office. The office is open by scheduled appointment only. Please call for an appointment.

Michael G. Durnin, DDS208-263-1412
1323 Hwy 2, Ste. 301, Sandpoint
www.drduinindentalsandpoint.com

We are committed to creating a positive dental experience for you and your family. The comprehensive services we offer include implants, extractions, dentures, root canals, crowns, cleanings, and more. Your comfort and dental care are paramount at our office!



Education & Entertainment

Bird Aviation Museum and Invention Center
325 Bird Ranch Rd., Sagle208-255-4321
www.birdaviationmuseum.com

The Bird Aviation Museum and Invention Center strives to educate visitors about the historic contributions of aviators and innovators who have helped create modern technology and to celebrate these individuals who have forever changed the way we live. It only takes one person to change the world.

North Idaho College
102 S. Euclid, Sandpoint208-263-4594
791 Main Street, Bonners Ferry208-267-3878
Toll Free877-404-4536 Ext. 1705
www.nic.edu

North Idaho College is committed to bringing educational opportunities to the communities we serve. Our outreach locations offer admissions and advising assistance, financial aid and career counseling, credit and non-credit classes, testing and tutoring services, and a welcoming and supportive staff.

"The Adventures of a Helicopter Pilot Flying the H-34 Helicopter in Vietnam for the United States Marine Corps" by Bill Collier, USMCR

The true, spellbinding account of Sandpoint resident Bill Collier's experiences piloting a Marine Corps H-34 helicopter in combat during the Vietnam War. Available at local bookstores or online at:
Amazon.com - or - Keokeebooks.com

Financial, Asset Management & Home Modification

AARP Idaho208-855-4004
3080 E. Gentry Way, Ste. 100, Meridian
www.facebook.com/AARPIDaho

AARP Idaho is a nonprofit, nonpartisan organization, with a membership of more than 175,000 in Idaho that serves as a voice and an advocate to protect consumers and improve the lives of Idahoans age 50 and over.

Accessibility Experts/Creekside Construction
.....208-666-1111
10075 N. Government Way, Hayden
www.creeksidecda.com

Live safely and independently at home! We provide safe and affordable home modification options for seniors, disabled and mobility challenged individuals allowing them to live securely throughout their homes. Quality work, efficiently performed by Certified Aging in Place Specialists.





BODY REHABILITATION CONSULTANT *Pressure Point*

DON PARRISH
208-610-3192

**Call for information
and appointments**

Fitness, Massage & Physical Therapy

Body Rehabilitation Consultant.....208-610-3192
Post Falls

Every muscle has a pressure point. Relax the pressure point and you relax the muscle. Do you have stubborn and unexplained aching and stiffness, chronic muscle pain or knotted muscles? I will teach you how pressure point works and how to do your own adjustments. Give me a call to schedule an appointment.

Coeur d'Alene Tribal Wellness Center..208-686-9355
1100 A. St., Plummer • www.bmcwc.com/wellness
The Wellness Center provides comprehensive fitness, aquatics and youth sports programs. All programs and services are open to the general public. Please call for more information and schedule a day to come see what we have to offer!

Heritage Health Physical Therapy.....208-667-0620
610 Hubbard St., Coeur d'Alene
www.myheritagehealth.org
Heritage Health is North Idaho's premier provider of integrated medical, dental, behavioral health and physical therapy. Our amazing care teams deliver world-class healthcare utilizing a patient directed, community focused approach. Providing high quality, affordable healthcare from the heart is our passion.



Live Safely & Independently at Home!
Certified Aging in Place Specialists
Ramps • Grab Bars

208-666-1111

www.creeksiderda.com



Gifts & Shopping

Bizarre Bazaar208-263-3400
502 Church St., Sandpoint
www.calsandpoint.org

Bizarre Bazaar is owned and run by Community Assistance League volunteers. Gently used household items, books, furniture and select quality clothing. Items not retained are donated elsewhere to churches, missions, school and charity fundraisers, and special-needs situations. All profits stay in Bonner County.

Goodwill Industries Retail Stores
204 Larkspur St., Ponderay208-265-1980
1212 N. 4th St., Coeur d'Alene208-664-2552
317 Seltice Way, Ste. A, Post Falls208-773-6181
www.shopgoodwill.com

Goodwill Industries operates 12 modern and bright stores, including Coeur d'Alene, Ponderay and Post Falls. The stores are stocked with unique and quality bargains 7 days a week. Sales support Goodwill's programs that help people obtain jobs and assist adults and children overcoming barriers to independence.

Huckleberry Variety208-267-3286
7214 Main St., Bonners Ferry
www.huckleberryvariety.com

Our goal is to provide a service to the community by not being just another gift store but rather a store that carries a wide variety of products with lower prices to serve our friends, neighbors, local residents and visitors.



Huckleberry Variety

"Something for Everyone!"

North Idaho's "Biggest Little Variety Store"

Greeting Cards ~ Gift Wrap ~ Housewares
Gourmet Food ~ Cosmetics & Lotions ~ Toys
Balloons ~ Party Supplies ~ Candies
Fashion Jewelry ~ and so much more!

Sun. 10-3 Mon.-Fri. 9 to 5:30 Sat. 9 to 5
7214 Main Street Bonners Ferry (208) 267-3286
www.huckleberryvariety.com & 

NorthWest Recumbent Cycles.....208-818-5491
gary@NWrecumbentcycles.com
www.nwrecumbentcycles.com

Come on out to Post Falls and play on many models of the most stable and comfortable bikes and trikes in the world. We specialize in getting anyone, especially those with special needs riding. Call for appointments.

Remember when Readers' Digest told us all: "Laughter is the Best Medicine?" It's true! Which would you rather do, laugh or cry? Let's keep humor in our lives, it's healthy! Need a cartoon for your newsletter? Want to create a unique greeting card? Frame it and put it on the wall to share with others who need a laugh? Robertoons has the cartoon for you, and if not, he can create it.

Rob McKenney
 **Custom Cartoons**
208-597-6358

Rob McKenney, Custom Cartoonist.....208-597-6358
 Cartoons can be custom designed for almost any occasion or purpose, only limited by your imagination. Call to discuss your needs. Pricing is very reasonable, after all, it's all in fun!

TidyTop.....208-255-2530
4302 Burns Court, Sandpoint
www.tidytop.com

A stylish, stain proof, long length adult clothing protector with pocket. Designed for the challenged diner for dignity, and versatile enough for a cooking and crafting apron! Comes in four reversible patterns: plaid, roses, hearts and leopard. Everybody can use one!

Hearing

Audiology Research Associates
 700 Ironwood Dr., Ste. 220, Cd'A..... 208-765-4961
 123 S. 3rd Ave., Ste. 9, Sandpoint..... 208-255-4389
 Serving North Idaho for over 20 years. We help you hear better! Hearing evaluations for adults and children. We sell the most advanced digital hearing aids available and each hearing aid comes with 3 to 5 years free batteries.

Hearing Center
 8920 N. Hess, Hayden208 762-8900
 23 E. Crawford, Deer Park509 276-8859
 Toll Free844 327-4335
www.Eargeek.com

The HEARING CENTER is committed to providing outstanding customer service and superior products. We offer complete audiometric hearing evaluations, consultations, full service repair & custom hearing protection. We specialize in Workman's Comp and WA Labor & Industry claims.

Post Falls Hearing Aid Center 208-457-8878
 780 N. Cecil Rd., Ste. 103, Post Falls
phac.krissi@gmail.com

My services are based on quality products, reasonable pricing, financing options and no pressure. My priority is the relationship with my clients and being available when they need me. I can repair all brands of hearing aids and I am here to help you hear!

Hospice & Pre-Planning

Auburn Crest Hospice 208-773-7731
Toll Free 877-773-7133
 1596 E. Seltice Way, Post Falls
www.auburncrest.com

At Auburn Crest Hospice, we listen to our patients, their loved ones, and committed caregivers to develop a care plan that puts the wishes of the patient first, which enables patients to live out their lives with comfort, dignity, and control.

Tidy Top

 Stylish Dining-Wear
 Designed for Challenged Diners

- Stain Proof
- Reversible
- Pocket
- Wipe Off or Wash
- Tote Bag Included

SENIORS ♥ SPECIAL NEEDS
COOKING ♥ CRAFTS



\$19.95

(Qty. Discounts)

www.tidytop.com

208-255-2530



***Wouldn't it be nice to hear
again and stop shouting?***

Post Falls HEARING AID CENTER

Quality, Reliable & Warranted Hearing Aids
Start at Only \$1399!

CALL TODAY FOR AN APPOINTMENT 208-457-8878

FREE Hearing Evaluation & Consultation
FREE Earwax Check
FREE Clean & Check of Any Hearing Aids

***We do Repairs on
ALL Makes & Models!***

AMERICAN OWNED. AMERICAN OPERATED. 

Kristi Murphy, A.A.S. HHS
Hearing Instrument Specialist, Licensed in WA & ID

*Join our Referral Club!
Refer a friend for a free hearing test and receive 1 month's free batteries.
If your referred purchases, you receive 6 months free batteries.*

780 N. Cecil Rd., Ste. 103, Post Falls



Bonner Community Hospice.....208-265-1179
a service of Bonner General Health

520 N. 3rd. Ave., Sandpoint
www.bonnergeneral.org

Caring for terminally ill patients and their families
in Bonner and Boundary counties. Services include
pain management, specialized nursing care, bathing
and personal care, chaplaincy, supportive counseling,
medical supplies and equipment. Covered by
Medicare, Medicaid and most private insurance.

Crest Home Health and Hospice.....208-765-4343
700 Ironwood Dr., Ste. 210, Coeur d'Alene
www.rmcare.com/managed/crest/index.php

As members of our communities, our mission is to
provide accurate information on services available,
deliver compassionate health care and to improve the
quality of life to all those entrusted in our care.

Hospice of North Idaho.....208-772-7994
9493 N. Government Way, Hayden
www.honi.org

Our holistic concept of hospice care provides physical,
emotional and spiritual care to patients and their
families offering choices about how care is provided.
The goal is to help a person live fully, maintain dignity,
and retain control over personal decisions.

Lakeview Funeral Home
& Cremation Service208-263-3180
301 S. Olive Ave., Sandpoint
www.lakeviewfuneral.com

Providing burial, cremation, headstone, funeral
preplanning and pre-funding services in an honest,
dignified and fair manner at affordable prices. We
achieve professional, personal and meaningful
relationships with the families that we serve within
Sandpoint and surrounding communities.

The most loving act...

Pre-planned Funeral Arrangements

Pre-arrangement Specialist



Bart & Anne Marie Casey

Lakeview

Funeral Home & Cremation Service

301 S. Olive, Sandpoint, Idaho 83864
208-263-3180

www.lakeviewfuneral.com



Hospitals & Medical Care

Benewah Medical & Wellness Center...208-686-1931
427 N 12th St., Plummer
www.bmcwc.com

Offering primary medical care, holistic healing, preventive care, and wellness promotion to everyone. Quality Medical care by Board Certified staff with an on-site pharmacy, lab and radiology services. Services provided on a sliding fee basis. Most major and public insurance accepted.

Bonner General Health208-263-1441
520 N. 3rd Ave., Sandpoint

Bonner General Immediate Care.....208-265-3751
400 Schweitzer Plaza Rd., Ponderay
www.bonnergeneral.org

Your community hospital providing quality, compassionate care in a comfortable, healing environment. We provide a full range of healthcare services, including home health, hospice, physical, occupational and speech therapy, radiology, laboratory, surgery, and emergency services.

Camas Center Clinic.....509-447-7111
1821 W. LeClerc Rd. #1, Cusick, WA

www.kalispelttribe.com/camas-center-clinic
The Camas Center Clinic offers comprehensive healthcare including: medical, dental, chiropractic, physical therapy and massage therapy. The clinic is open to the general public and accepts most major commercial and public insurance carriers.

Caring Physician's Medical Clinic208-762-5577
8827 N. Government Way, Suite 2, Hayden

Taking care of your family's wellbeing with an expert in skin biopsy and preventative care. Dr. Baker says, "It is not about money, it is about caring for people and preserving the quality of life for each and every patient uniquely."

Heritage Health Medical Centers
1090 N. Park Pl., Coeur d'Alene208-292-0292
14775 N. Kimo Ct., Ste.B, Rathdrum.....208-687-5627
www.myheritagehealth.com

Mountain Health Care
740 McKinley, Kellogg208-783-1267
Heritage Health is North Idaho's premier provider of integrated medical, dental, behavioral health and physical therapy. Our amazing care teams deliver world-class healthcare utilizing a patient directed, community focused approach. Providing high quality, affordable healthcare from the heart is our passion.

Kaniks Health Services
6615 Comanche St., Bonners Ferry208-267-1718
30410 Hwy. 200, Ponderay208-263-7101
6509 Hwy. 2, Ste. 101, Priest River.....208-448-2321
www.KaniksHealthServices.org

Providing comprehensive health care and services for all patients, regardless of income. Accepting Medicaid, Medicare, private insurance, VA and uninsured people who need medical care.

Newport Hospital & Health Services ...509-447-2441
714 W. Pine St., Newport, WA • www.phd1.org

We provide 24-hour care when you need it! Two primary care clinics offer same day/walk-in appointments. Other services: Emergency; General Surgery; Obstetrics; Anesthesia; Diagnostic Imaging; Laboratory; Physical, Speech, & Occupational Therapy; Acute Care; Swing Bed; Long Term Care; Assisted Living.

Pain Management of North Idaho208-765-4807
1686 W. Riverstone Dr., Coeur d'Alene
www.cdapain.com

Pain Management of North Idaho is Coeur d'Alene's only comprehensive Pain Management Center where patients have access to two fellowship-trained interventional pain physicians and a multidisciplinary team.



Post Falls

NATUROPATHIC CLINIC

An All Natural Approach To Healing Your Body

- Nutri-Energetic Systems NES
- Standard Process Products
- Personalized Remedies
- Asyra Pro
- MediHerb Products
- Optimize Your Health

1810 E. Schneidmiller Ave., Suite 231 • 208-773-9108

Email: dr@pfncHEALTH.com • Website: www.pfncHEALTH.com

Wade R. Lachman
ND MH CNHP
Naturopathic Doctor



Pend Oreille Surgery Center208-265-8194
30544 Hwy. 200, Ste. 201, Ponderay
www.poscllc.com

Pend Oreille Surgery Center provides quality, cost effective outpatient surgical care. Our professional team and comfortable environment help make your surgical experience a positive one. Ask your healthcare provider if your procedure may be scheduled at Pend Oreille Surgery Center.

Post Falls Naturopathic Clinic208-773-9108
1810 E. Schneidmiller Ste. 203, Post Falls
www.pfncll.com

PFNC employs a dynamic range of modalities to promote your optimal health. By combining nutrition, homeopathy, energy medicine, and healthy lifestyle, you can achieve lasting vitality. We discover and address your root challenges using powerful and accurate assessment tools.

Women's Health Care208-263-1299
1215 Michigan St., Ste.C, Sandpoint
 Our advanced nurse-practitioners provide personalized, comprehensive care to women of all ages, and enjoy educating and empowering patients about their health care needs. We encourage our patients to take an active role in their overall health with recommended health screenings.

Woodlands Family Medicine..... 208-263-6300
30544 Hwy 200, Ste. 101, Ponderay
www.woodlandsfamilymed.com

From heads, hands, shoulders, knees, to toes and prenatal to geriatrics, our medical team is dedicated to providing you with the finest health care for your entire family. Urgent care and same day appointments offered. Accepting new patients!

In-Home Services

Access Care at Home
120 W. Cameron Ave., Ste. 5, Kellogg208-783-0100
519 High St., Priest River.....208-448-4084
www.accesscareathome.com

We are new to the area and accepting clients. Customized individualized plans for personal care, home care and companion care to help you stay in your home. Highly trained employees with complete background screening. Call us today for your free consultation!



Addus Health Care.....208-667-2309
850 W. Ironwood Dr., Ste. 101, Coeur d'Alene
www.addus.com

Since 1979 we have been providing quality in-home care; companionship, light housekeeping, meal preparation; transportation to appointments, bathing assistance, medication reminders. Our cost-effective services are designed to improve health and well-being and make your choice easier to remain independent at home.

Alliance Family Services - Home Health
515 Pine St., Ste. G, Sandpoint208-255-1640
Coeur d'Alene Contact208-665-6410
www.alliancefamilyservices.com

We are committed to providing quality home health services such as Skilled Nursing, CNA's, Physical, Occupational & Speech Therapists. We are dedicated to promoting independence and quality of life to all those we serve throughout North Idaho.

Bonner General Health
Home Health Services208-265-1007
520 N. 3rd Ave., Sandpoint
www.bonnergeneral.org

Providing skilled, intermittent care in the homeshetting. Services include skilled nursing care; physical, occupational and speech-language therapies; medical social services and certified home health aid services. Covered by Medicare, Medicaid and most private insurance.

Crest Home Health and Hospice.....208-765-4343
700 Ironwood Dr., Ste. 210, Coeur d'Alene
www.rmcare.com/managed/crest/index.php

As members of our communities, our mission is to provide accurate information on services available, deliver compassionate health care and to improve the quality of life to all those entrusted in our care.




STAY IN YOUR HOME
 with our custom individualized plans

- Personal Care
- Home Care
- Companion Care

Call for a Free Consultation!
Kellogg Priest River
208-783-0100 208-448-4084





Happy Feet.....208-610-2972
Sandpoint • cr.rbti.idaho@gmail.com
 I serve both Bonner and Boundary Counties. In the comfort of your home or your local senior center, I will clip your nails, and massage your feet for a price that can't be beat!

Idaho Partners In Care, LLC
800-576-1825, Ext. 1 or 2
820 Elm Dr., St Maries208-245-5920
 Providing services that reduce the difficult and stressful aspects of living at home. With a list of caregivers or if you have a relative or friend you would prefer, it is possible they could become a member of IPIC and provide you with your services.

Do you know someone who could remain in their home if they had help with household chores or personal care?

Offering Self-Directed Care:
 Clients can choose their personal care attendant from family members, friends or one of our attendants.
We serve all of North Idaho!

Idaho Partners In Care, LLC

IPIC

208-245-5920
 OR
800-576-1825
 Ext. 1 or 2

We accept some insurances, VA, Private Pay & Medicaid

Benewah County Only - Ask about Lifeline Services

Res Care Home Care888-390-6730
 1015 W. Ironwood Dr., Ste. 101,
Coeur d'Alene208-665-5579
 120 E. Lake St., Ste. 305, Sandpoint.....208-255-1002
www.ResCareHomeCare.com
 ResCare is all about providing you with skilled caregivers, when and where you need them! At home, in a long-term care facility, or assisted living. We also offer Rest Assured®, a web-based telecare system for in-home, non-intrusive care and security monitoring.

VetAssist.....208-891-6821
Paul Krames • www.VeteransHomeCare.com
 We help qualifying wartime veterans or widows apply for the VAs Aid & Attendance benefit. We promptly provide home care with no out-of-pocket cost, help navigate the VA approval process and help clients meet VA criteria to keep their pension - and home care.

Insurance & Legal

Marshall Law Office.....208-255-7260
 120 E. Lake St., Ste. 213, Sandpoint
 Providing professional, yet personal, mediation services to assist in resolving conflicts and disputes. I am able to help you through each step of mediation, preparation and filing of legal documentation if needed.

Spears Insurance, Inc.208-265-2026
 102 S. Euclid Ave., Ste. 103, Sandpoint
www.cspears4insurance.com
 There are many types of benefit plans. Which one is right for you? Let's first understand the basics of Medicare in plain simple language, and then discuss other factors to finding the right coverage for you. Call me today to schedule your appointment.

Pharmacies, Medical Equipment, Safety & Supplies

Kootenai Health Lifeline208-625-5020
 2003 Kootenai Health Way, Coeur d'Alene
pfairfield@kh.org
 Leader of personal emergency response services - the only non-profit provider in North Idaho. Lifeline provides peace of mind and access to emergency help at the touch of a button.

Medicine Man Pharmacy208-597-7466
 624 Larch St., Sandpoint (Inside Super 1 Foods)
www.medmanpharmacy.com
 Transfer your prescriptions to us. It's easy! We have pharmaceutical grade neutraceuticals and compounding services. Price matching on most medications and mail or in-town delivery. We care about you and your health. Veterans: we can fill your prescription vouchers!





**First Aid & Fire Extinguisher Sales, Service & Training
Fire Suppression Systems & Alarms
Medical, Industrial & Specialty Gases**

75 McGhee Road
Sandpoint

208-263-1016

3530 Ramsey Road
Coeur d'Alene

208-765-3311



OXARC, Inc.

75 McGhee Rd., Sandpoint 208-263-1016

3530 Ramsey Rd., Coeur d'Alene 208-765-3311

www.oxarc.com

Fire, safety, and industrial services & supplies. First aid & fire extinguisher sales, service & training; fire suppression systems & alarms; medical, industrial & specialty gases, dry ice blocks-slabs-pellets, specialty chemicals.

Rest Assured OneTouch 888-390-6730

1015 W. Ironwood Dr., STE 101,

Coeur d'Alene 208-665-5579

120 E. Lake St., STE 305, Sandpoint 208-255-1002

www.ResCareHomeCare.com

Now seniors can live safely and independently in the comfort of their own home and feel secure that help is there at the touch of a button. OneTouch provides immediate assistance in the event of a fall or other emergency.



Sandcreek Medical

FULL SERVICE MEDICAL EQUIPMENT & SUPPLIES

*For all your medical supply needs.
Serving and active in our community since 1989.*

208-263-3713

306 1/2 N. First Avenue (behind the Panida Theater)

www.sandcreekmedical.com



Side Effects by Rob McKenney

"Would you please stop combing your feathers over your bald spot? You look like an idiot!"



Sandcreek Medical 208-263-3713

306 1/2 N. 1st Ave., Sandpoint (behind Panida Theater)

www.sandcreekmedical.com

We are your local hometown medical equipment and respiratory company. Customer care and honest service are the mainstay of our business. Owned and operated by Gary and Tammi Rench, our family has been local business owners since 1967.

Sandpoint Super Drug 208-263-1408

604 N. 5th Ave., Sandpoint

www.superdrugsandpoint.com

We strive to provide the highest quality home health care equipment, supplies and services, while being competitive on product and pricing. We offer goods and services unique to our community, with the comfort and independence of our customers in mind. Medicare approved!

White Cross Pharmacy

5453 Hwy 2, Priest River 208-448-1633

1319 Hwy 2, Ste. A, Sandpoint 208-263-9080

31964 N. Fifth Ave., Spirit Lake

..... 208-623-8485

www.whitecrossrx.com

Ask us about the special packaging options available to help you manage your medications and supplements. Free in-town delivery, drive-up window, vaccinations, two convenient locations on Highway 2 in West Sandpoint and Priest River. Proudly serving Bonner County since 1922.



DOG AND PONY SHOW

MOBILE:
I COME
TO YOU!



N. Idaho &
E. Washington
ecurless@hotmail.com

Bodywork for Horses and Dogs

Specializing in performance horses and dogs, geriatrics, injury recovery and prevention.

Erica Curless, CEMT 509-991-7314

Dog and Pony Show

.....509-991-7314

Erica Curless, Certified Equine
Massage Therapist

Visit "Erica Curless" on Facebook!
Mobile bodywork serving horses
and dogs at your home or barn
in North Idaho and Eastern
Washington. Enhance your
investment and help your horse
or dog move better and perform
better. Specializing in performance
horses and dogs, geriatrics, injury
recovery and prevention.

Veterinary, Pets & Training

Bonnors Ferry Veterinary Clinic208-267-7502

Emergency Phone208-444-1024

6657 Main St., Bonners Ferry

Let us help you care for your favorite four-legged
friends! Our clinic provides complete veterinary
services for healthy pets and for sick or injured
animals, including horses and livestock. We provide
an on-call emergency service in addition to our
regular hours.

Complete Veterinary Services for Small & Large Animals

24-HOUR EMERGENCY
208-444-1024



208-267-7502

Roland H. Hall, DVM
Dan Dombroski, DVM

8:30 - 5:00 M-F
8:30 - 1:00 Sat.

6657 MAIN
BONNERS FERRY

Bonnors Ferry Veterinary Clinic

Confused About In-Home Care?

Home HEALTH CARE

- Doctor's order required
- Some private insurance
- Medicare (60 days)
- Medicare HMO's
- Medicaid
- Short term for medical recovery wound treatment, medication administration and/or infusions, therapies.
- Performed by Nurses, Physical, Occupational & Speech Therapists, CNA's

PERSONAL Home Care

- No doctor's order required usually
- Some private insurance
(insurance assessment is required)
- Long term care insurance
- Medicaid *(must qualify first and a nurse is sent to provide assessment)*
- Term is longer - can be lifetime. Assistance with laundry, meals, housekeeping, medication prep, transportation.
- Performed by CNAs or caregivers



Sandpoint Super Drug

Since 1972



Favorite Pharmacy • Best Customer Service • Friendliest Business

SandpointSuperDrug.com

604 N. 5th Ave., Sandpoint (208) 263-1408



Find us on:
facebook®

Crossword and Sudoku Answers

Puzzles on pages 46-47



4	3	6	9	7	5	8	1	2
5	2	8	1	3	6	7	9	4
1	9	7	8	4	2	3	5	6
6	4	1	7	5	8	2	3	9
2	5	9	3	6	4	1	7	8
8	7	3	2	1	9	6	4	5
9	1	5	6	2	7	4	8	3
7	8	2	4	9	3	5	6	1
3	6	4	5	8	1	9	2	7



Run It By Tamara



by Tamara Jacobson,
Compassionate Care
Referral Services, Inc.



Following are recent inquiries that were brought to my attention:

Q Several family members of seniors have called me regarding this frustrating situation: "Mom is only \$100 over the monthly income limit to qualify for Medicaid for Long Term Care.

Is there anything we can do?"

A The Monthly income limits are different for single or married seniors and can change yearly so be sure to check the latest information either in your local regional Medicaid office or online at www.healthisandwelfare.id.gov and look for Medicaid.

If your Mother is still over the income limit, there are some legal steps that can be done such as a 'Miller Trust' that can be a

solution to reduce the overage in funds. I highly recommend a visit with a local ElderCare Lawyer who specializes in ways to navigate your situation.

Q This summer especially, I have been asked:

"My house is closing in a few months and I need to find a place to rent but don't want to take care of a yard. What are my options?"

A Depending on your income and preferences for services with your independence from being a homeowner, here are some choices:

1. Market priced apartments or townhomes for rent where lawn maintenance is included. Can be expensive for some seniors.
2. Sliding scale low income

apartments with income limit eligibility requirements that vary in location. Some utilities and phone still extra. Waiting lists are common.

3. Independent communities (apartments) with either small kitchens or kitchenettes that also offer meals. More all inclusive except phone costs usually.

4. A few Certified Family Homes have an apartment attached to their home and provide some assistance as needed and a doctor's care plan is required.

I have suggested to folks to jot down monthly expenses especially those tied to home ownership to compare apples to apples. Surprisingly, you may find it is more affordable to move into a place with some extras that make life a little simpler.

If you would like to submit a question and 'Run It By Tamara' regarding senior day-to-day care issues, please email to: RunItByTamara@outlook.com or call 208-660-9982.

There is something so encouraging and comforting just sharing our concerns with one another. I look forward to hearing from you!

Tamara Jacobson is a Senior Care Consultant and founder of Compassionate Care Referral Services, Inc., www.CompassionateCareReferral.com Tamara formed the company as a way to connect area seniors and services in a personal but professional manner. Straight forward comparisons are discussed to fit the individuality of her client.

Your Only Locally Owned
Referral Service

Compassionate Care
Referral Services

A personal approach to evaluating senior care choices to fit your needs and budget.
NO FEES. NO PRESSURE.

Tamara Jacobson
Senior Care Consultant
(208) 660-9982
www.CompassionateCareReferral.com

Compassionate Care
Senior Care Consultant • FREE Referrals
208-660-9982
© 2014 Compassionate Care Referral Services, Inc.



Are You Up for the Challenge?

by J. Bradley, Editor

The majority of us are getting older and so are our parents. That blasted crystal ball isn't working very well, and to my knowledge, nobody ever found that fountain of youth either.

Inevitably, we will lose a parent and become concerned about the remaining parent. When that happens, we really have no idea "what to do about Mom."

We don't usually extract Mom from her environment unless there is some sort of concern regarding safety or welfare. Maybe Mom isn't taking care of herself very well; not eating, not going out with friends, not driving, has become lost or disoriented, not calling you or the doctor thinking, "It will go away" or "It's nothing serious" and she doesn't "...want to be a bother." And, if it is serious, we learn about it after the fact when she is in the hospital. Anything can happen, and generally speaking, something does change Mom's ability to remain in her home alone at some point in her life.

Before you decide to uproot Mom "for her own good" and your peace of mind, some things should be seriously considered. Can she stay in her home with some assistance? Will she need full time care? Can she or you afford the degree of assistance she needs?

If not, are you physically and financially able to care for her if you take her into your home? Do you have, or will you make, the time to see that she leads an active social life? Do you have room to allow her to retain some autonomy? How will the other members of the household be affected?

Once you've taken Mom out of her world, besides having some physical needs you must attend to, she most likely has no friends, no social life, can't drive, can't go anywhere, and can't even buy her own groceries. Are you really taking care of Mom? She has no peers, no time with people her own age with common concerns, common memories, and common humor. Have you ever heard a comedian that you didn't think was funny, yet the crowd around you was rolling in the aisles? Have you heard someone remark how funny the old Saturday Night Live skits were, but the newer ones just aren't so funny? That's because the humor was "generation specific."

No matter how hard you try to keep Mom busy, bring her into your routines, make her a part of your family, she will be missing interaction with people she can relate to, with shared cultural values and



experiences. There are reasons each generation has their own music, memories of "our song" that brings a smile to our faces and enriches our lives.

What makes you think Mom wants to only be a part of your life and leave hers completely behind? How many years of her life did she have before you were that proverbial "twinkle in the eye?" She cannot share that pre-you with you or her grandchildren in the same way she can share it with her peers, laughing over lunch, a game of Bridge or Pinochle.

If you are "doing the right thing" by taking Mom in, think about her needs! Make sure she is as engaged as she can possibly be in the outside world. You don't keep your children home, doing nothing, experiencing nothing new. Why would you have Mom stay at home, experiencing nothing new? She needs exercise, she needs stimulation, and she needs to continue with her life. When you take Mom in, consider the added responsibility you are assuming and recognize that Mom must be more than a dog sitter when you go out of town, or help in the kitchen if she likes to cook.

Mom had a name before she was "Mom." Her friends never called her "Mom." She needs to be Ruth, Linda, Susan, or Patty, not necessarily does she need to be only "Mom" again. Before Mom was Mom, back when she was Betty, did she ride horses? Bicycle? Hike? Dance? Garden? What did Betty do? It is easy to lose sight of this in our urgent or dutiful feelings of "needing to take care of Mom now."

How about Dad? Dad worked, retired, and then what did Dad do? Did he go fishin', "hang out" with his guy friends, watch or play sporting games, golf, go hunting? What did Dad do? The key is to keep Mom and Dad healthy and happy by ensuring they are doing whatever they can, and not doing it only at home. This is the responsibility you assume when you take in parents and loved ones. Are you up for the challenge?



How to Handle a Deer in Your Headlights



by Randy Simon,
Director of
Communications,
AARP Idaho

October through December marks the peak time for deer activity on and off the road in Idaho. In fact, nearly half of all deer collisions happen during these months. The Insurance Information Institute estimates that nationwide there are more than 1.6 million vehicle collisions with deer each year, resulting in over \$4.6 billion in vehicle damage, medical costs and other expenses.

If you do see a deer on the road, it is important not to make critical mistakes that could worsen the situation or cause more harm. As deer and other animals cross roads, it is up to you to be a smart driver. This is even more challenging in Idaho with its winding and sometimes narrow mountain roads but there are precautions you can take to avoid an accident.

Heed the warnings. Wildlife “crossing” signs warn drivers of high deer activity in the area, so drive more carefully on roadways near these signs and remain aware that deer may jump onto the road. Obey the speed limit and scan the sides of the road when possible. Keep in mind that deer travel together so if you see one, others are likely nearby.

Be especially alert at dawn and dusk. Approximately 90 percent of collisions with animals happen at dawn and dusk, when visibility is at a minimum. The National Safety Council advises using your vehicle’s headlights to help spot any possible



When you spot a deer on or near the road, brake slowly so that you can stop before hitting the deer or at least lessen the impact if you do collide.

deer, “Watch for reflections from your headlights. Deer eyes may reflect the light, and spotting the reflection could give you more time to react.” However, keep in mind that your headlights may startle or confuse deer, so be prepared if they freeze or act erratically.

Never swerve and do brake appropriately. When you spot deer on or near the road, brake slowly so that you can stop before hitting the deer or at least lessen the impact if you do collide. Also, be aware of the traffic behind you before slowing or stopping because sudden breaking may not give those cars enough time to stop. If there is time, flashing your vehicle’s headlights and honking the horn in short bursts may help scare the deer away so that you can avoid a collision. If the deer is directly in front of your vehicle and there is not a safe stopping distance between you and the animal, do not slam your brakes. Most importantly, never swerve to avoid hitting the deer because hitting the animal head on will ultimately

cause less damage than hitting another vehicle or a fixed object, such as a tree, rock or road sign.

Contact local law enforcement. If your vehicle does collide with an animal, do not keep driving. Carefully pull over to the side of the road and call the police. If it is safe, step out of your vehicle, take note of the situation and document the incident with your smart phone camera to show the police and your car insurance company.

Fall is arguably the best time of the year to see Idaho. Beautiful changing colors and near perfect weather makes the road an attractive option for nearly every driver. Nevertheless, do not let the view distract you. By slowing down and staying alert you can avoid becoming a “deer in headlights” when you see a deer in your headlights.

Randy Simon is the Director of Communications for AARP Idaho. Prior to joining AARP Randy worked as a consultant for Gallatin Public Affairs and as a journalist in New Mexico. He can be reached at rsimon@aarp.org or 208-855-4004.



DRIVEN BY

HELPING OTHERS IN IDAHO



When you become an AARP Driver Safety volunteer, you help make our roads safer.

The AARP Driver Safety course teaches safe driving strategies so drivers can maintain their confidence behind the wheel and their independence on today's roads. We'll provide all the training you need to succeed. Volunteer today and help make a difference in your community.

We have AARP Driver Safety volunteer openings for:

Instructors: Organize, promote, and teach classroom courses at local community centers, libraries, hospitals and senior centers.

Marketing Specialists: Locate potential classroom host sites, identify publicity or promotion opportunities and coordinate exhibits at local and statewide events.

Coordinators: Recruit and supervise instructors, plan and conduct instructor training workshops, and work with local sponsors.

**Call
1-800-350-7025
for details**

AARP Real Possibilities in

Idaho

**AARP
DRIVER
SAFETY**

Sign up at www.aarp.org/dsvolunteer

Smile with confidence!



**25% Off New
Patient Exams!**
MENTION THIS AD

**Oral Exam & Denture
Cleaning \$25!**
MENTION THIS AD

***Tired of being referred to Coeur d'Alene
or Spokane for dental treatment?***

- ✿ Extractions & Implants
- ✿ Crowns & Root Canals
- ✿ Cleanings & Whitening

- ✿ Adult Orthodontics
- ✿ Dentures & Bridges
- ✿ Gum Surgery & Laser Dentistry

We do most extractions, implant placement and root canal treatments in our office!



Give us a call today! 208.263.1412



Michael G. Durnin, D.D.S.

Conveniently located in the Mountain West Financial Center
1323 Highway 2, Suite 301, Sandpoint

www.shamrockdds.com

